# Sindy®

YEARBOOK

1988

£3.75

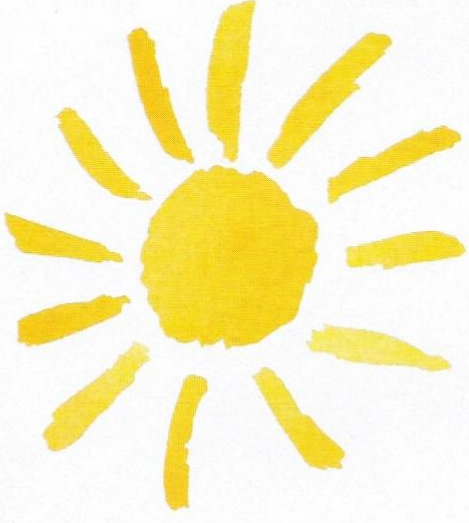
© 1987 Hasbro Industries (UK) Ltd. All rights reserved.
Designed and produced by
W'F'M Design Consultants. Bath.
Published by
GRANDREAMS LTD.,
Jadwin House, 205/211 Kentish Town Road, London NW5
Additional photographs supplied by and are copyright,
Duncan Raban, Retna, Alpha and All Sport.
Printed in Holland.

# Sindy®

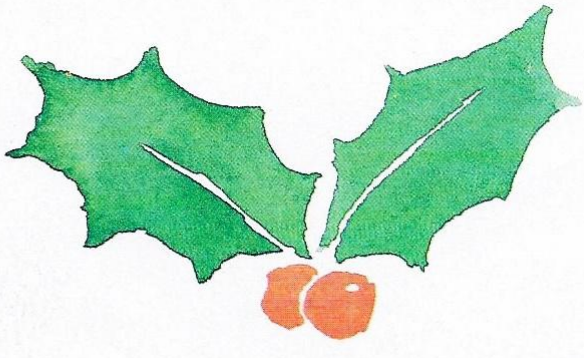
YEAR BOOK

YEAR BOOK

# CONTENTS




| | |
|---|---|
| Spring Surprise | 8 |
| Spring Horoscope | 9 |
| Fashion Plus | 10-11 |
| Star Profile | 12-13 |
| Spring Teasers | 14 |
| Cassette Labels | 15-16 |
| Spring Diary | 17 |
| Five Star File | 18-19 |
| Sporting Profile | 20-21 |
| Summer Fun | 22 |
| Summer Horoscope | 23 |
| Glamorous Girl | 24-25 |
| Summer Diary | 26 |
| Summer Posers | 27 |
| Hot Gossip | 28-29 |
| Work-Out | 30-31 |
| Anyone for Tennis? | 32-33 |
| Sindy Abroad | 34-35 |
| Autumn Shades | 36 |
| Autumn Horoscope | 37 |
| Room for Improvement | 38-39 |
| Autumn Puzzles | 40 |
| Fan Club Fax | 41 |
| Film Star File | 42-43 |
| Face Facts | 44 |
| Autumn Diary | 45 |
| Ballet Dancer | 46-47 |
| Winter Wonderland | 48 |
| Winter Horoscope | 49 |
| Nick Berry alias Wicksy | 50-51 |
| Winter Diary | 52 |
| Party Tips | 53 |
| Hair Flair | 54-55 |
| Winter Quiz | 56 |
| Eat It | 57 |
| Ice Dancer | 58-59 |
| Puzzle Page Answers | 60-61 |

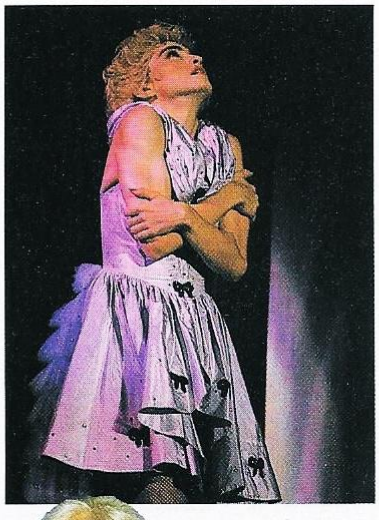


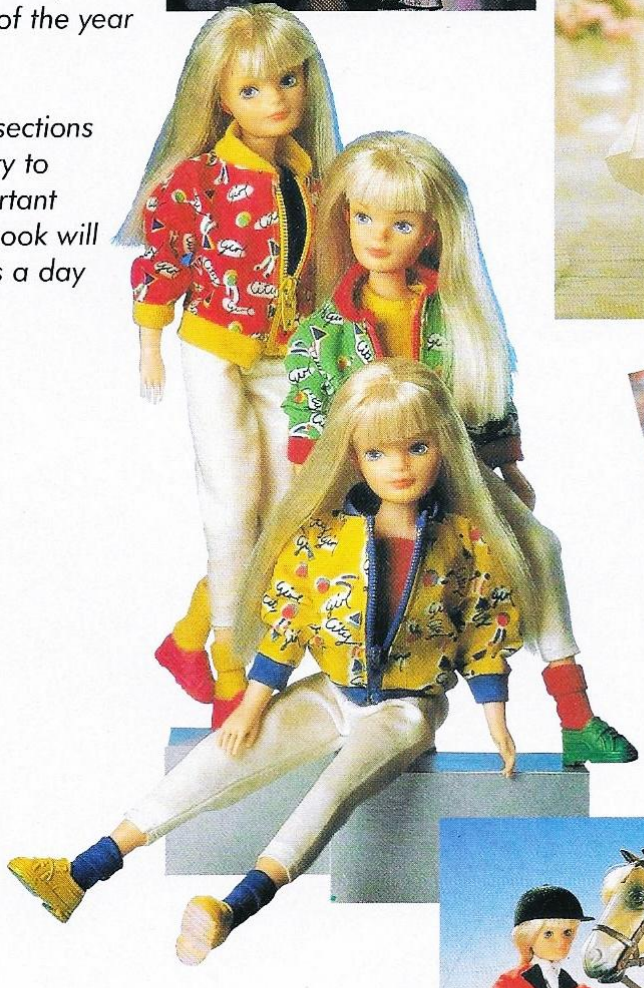
# INTRO

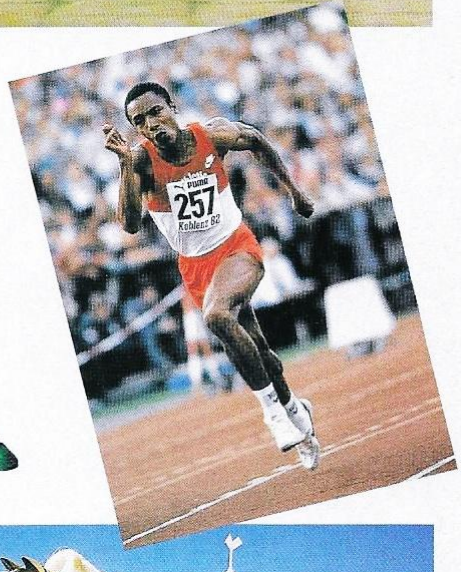
*Here's my year book, season by season, full of exciting full colour features.*

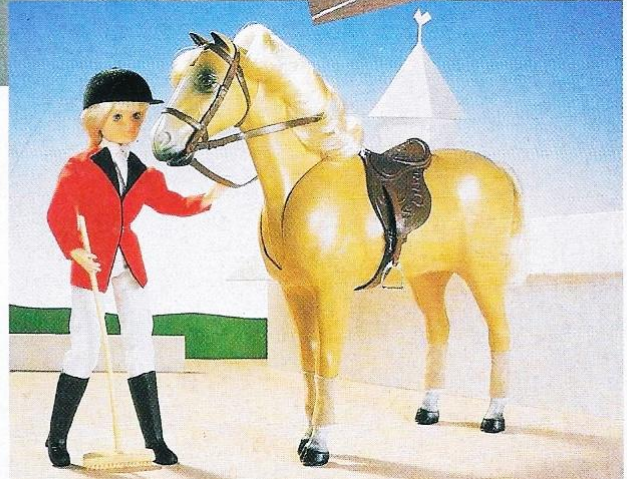
*I'll introduce you to top personalities from pop music, sport and fashion, offer handy hints on beauty and hair care, while my four-part horoscope will unlock the secrets of the year ahead for you.*

*There's regular puzzle sections and a four season diary to record your most important dates, the Sindy Year book will make sure every day is a day to remember.*







# SPRING

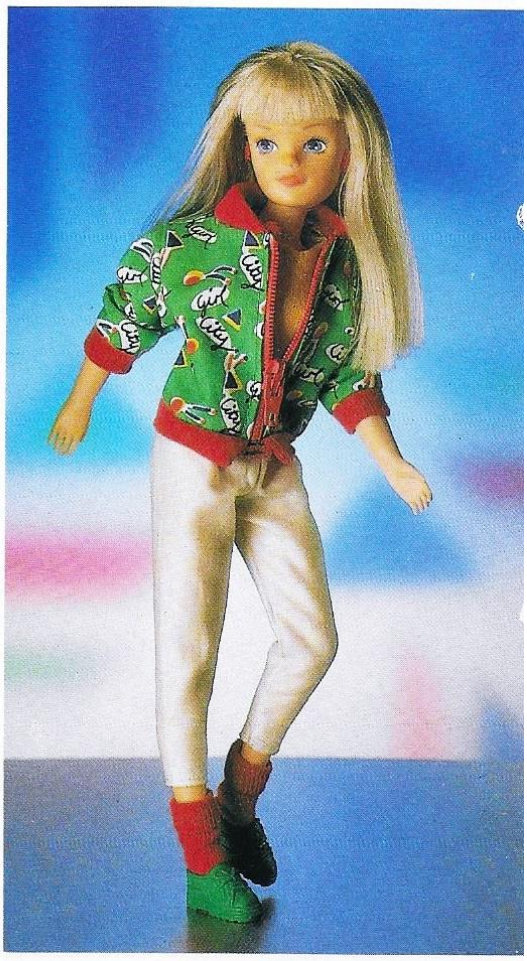
## SPRING SURPRISE

*A burst of colour hits the streets — and for me, it's time to step out in my New Look City Girl outfits! I can choose from bomber jackets in jade, citron yellow or coral pink. They all have super chunky zips and contrasting trim. I wear them over cheery vest tops in a whole rainbow of different shades. With crisp white trousers to complete the picture, I feel ready to set the style wherever I go!*

*There's so much to do and see at this time of the year, too. There's horse eventing at Badminton, followed by the Royal Windsor Horse show in May. Then there are Easter Parades . . . a trip to a glitzy May Ball perhaps — it's just as well I have so many Fashion Mixers in my wardrobe, so I can look bright and fresh on every occasion!*

*Spring in the air . . . and plenty of aerial activity at the Champions-All Gymnastics Tournament held each year in April at Wembley. Of course, as spring blossoms into summer who could forget the Chelsea Flower Show. Have you thought about creating your own flower garden? This can be easy and fun to make and you don't need masses of space. The smallest window box can produce a blaze of living colour to brighten your day.*

*This is also the season of "firsts". Look out for the first crocus, the first cuckoo, the first swallow heralding the approach of glorious summer. Here's my first tasty tip of the year — I call it my "Banana Sunburst."*



*You need: One banana, two tablespoonfuls of honey, one tablespoonful of chopped nuts or grated chocolate (whichever you like best) and two lolly sticks. Cut the banana in half cross-ways. Roll each half in the honey and then in the nuts or chocolate to provide a coating. Stick the lolly sticks in each cut end of the banana and there you have it. Simply delicious!*

# HOROSCOPE

## PISCES

**Birthdates: 20th February — 20th March.**

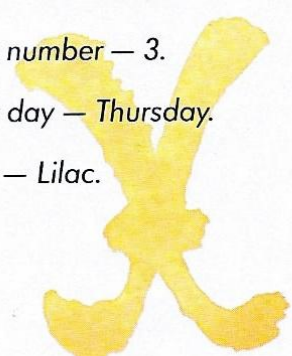
*Pisceans make loyal and trusting friends . . . sometimes too loyal and trusting for their own good! However, the year ahead will be a good year to be out and about meeting people. Outdoor life in general seems to be well favoured and indicates cycling, running or riding to be worthwhile hobbies. Plans laid during March and April will bear fruit towards the end of the year, but in the meantime, play safe!*

*Birthstone — Bloodstone.*

*Lucky number — 3.*

*Lucky day — Thursday.*

*Wear — Lilac.*



## ARIES

**Birthdates: 21st March — 20th April.**

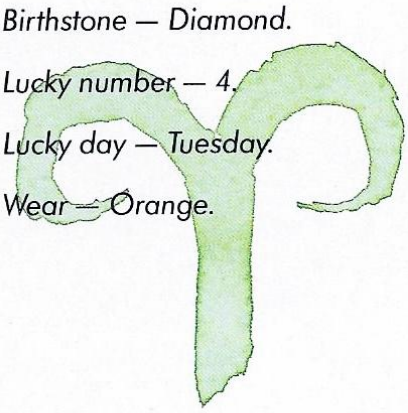
*Just like your star sign, the ram, you have a tendency to charge ahead without thinking of the consequences. Luckily for you, the year ahead doesn't seem to offer any obstacles that can't be surmounted. Beware, however, of bargain-offers, they may not be quite what they seem. Money-matters brighten during July and August, so perhaps extra pocket money during the summer holiday period is indicated.*

*Birthstone — Diamond.*

*Lucky number — 4.*

*Lucky day — Tuesday.*

*Wear — Orange.*



## TAURUS

**Birthdates: 21st April — 21st May.**

*All work and no play makes "Jackie" a dull girl . . . and that's certainly true of all you Taureans, no matter what your name. That's why this is a year to let yourself go! A new look could pay dividends and add a lively lift to life. Ignore any gossip you may hear about a good friend and she will stay just that! You may face an important choice in April. Choose wisely . . . and stick to it!*

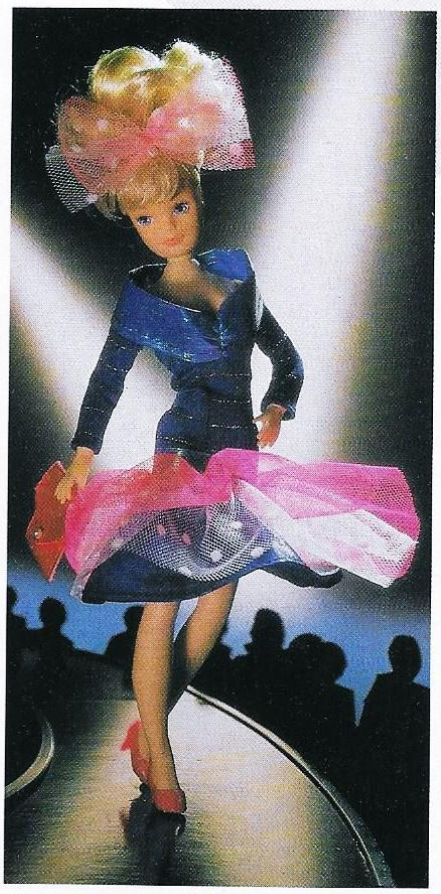
*Birthstone — Emerald.*

*Lucky number — 6.*

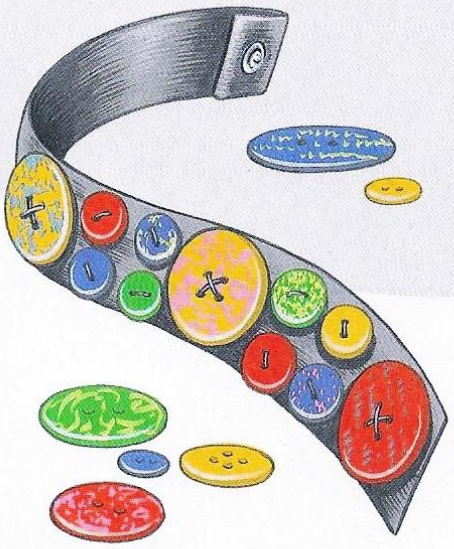
*Lucky day — Friday.*

*Wear — Beige.*

# FASHION PLUS

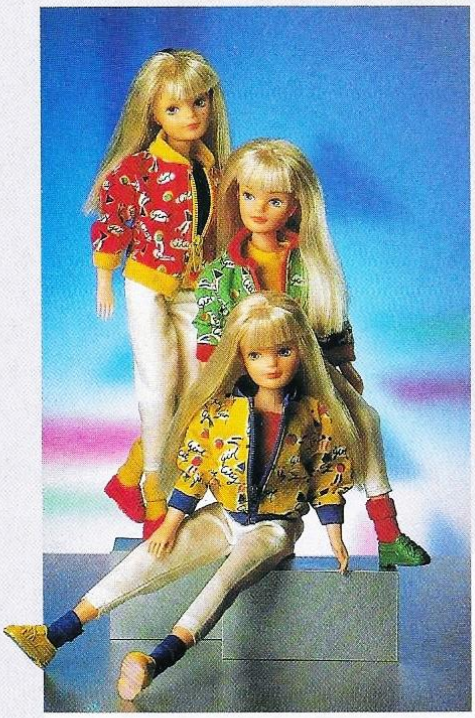


One of Sindy's fashionable evening oufits.



***Here's high fashion you can make yourself!***

*All you need for this trendy bracelet is a length of black ribbon, a few buttons and a popper (press stud).*
*Cut the ribbon so that it goes round your wrist plus about 4cms. Turn the ends in and hem them so that they don't fray. Sew on a popper.*
*Now sew on as many buttons as you like — and that's it.*



City girl Sindy.

*To make use of an old T-shirt with a favourite slogan or picture on it, try this fabulous idea:*
*Cut the front of the T-shirt into a neat square or oblong, then press a hem right round the edge.*
*Now sew the picture or slogan onto the back of a jacket. It's a real eye-catcher.*

*Have you got an old plain-coloured skirt that needs livening up? Why not get some fabric paints (from a craft shop) and paint your own dazzling designs?*

*For a really wild pair of tights, use fabric glue to stick on little bows, sequins — even small pictures of your favourite pop stars. Do this while you're wearing the tights, so they're at full stretch. If you're into hardware, decorate your tights with safety pins or strings of paper clips.*

*If you want a big, baggy, fashionable shirt and can't afford to buy one, beg one from your father or older brother and cut off the collar. Make sure you do this just ABOVE the neck stitching, not below, or it will fray badly.*

*Express your personality with a hat.*

*Sporty — Baseball cap.*

*Sweet and pretty — Floppy hat with rose.*

*Tatty — Straw hat.*

*Crazy — Canvas with Badges etc.*

Smart — Stylish town hat.

# STAR PROFILE

*Star, Sindy's pony, is a Palamino. This means that she has a golden coat and a silvery mane and tail. The white stripe down her face is called a blaze. Star also has four white "socks".*
*Star comes equipped with a saddle and bridle, four leg bandages, a grooming brush and comb and a stable broom.*

*A pony must be groomed regularly — not only so that it looks smart but also to keep its skin in good condition.*

*Hoofs should be picked out with a hoof pick to remove caked mud and any sharp stones.*
*A dandy brush is used to remove mud from a pony's long winter coat.*
*In summer, when the pony's coat is short and smooth, a body brush is used. This brush should be cleaned after every few strokes with a curry comb.*
*The mane and tail are brushed to remove any tangles, then combed with a mane comb.*

*Finally, damp sponges are used to clean the pony's eyes and nostrils, and under its tail, and the coat can be given a final polish with a cloth known as a "stable rubber".*

*There are hundreds of breeds of horses and ponies, ranging from the huge Shire (around 17 hands) to the tiny Falabella (just 7 hands).*
*A hand is 4 inches (10cm), and a pony is measured from the ground to its withers (where its neck meets its shoulders). A pony can be of any size up to 14 hands 2 inches.*
*Some famous pony breeds include the Shetland, Dartmoor, New Forest, Welsh, Exmoor and Highland. These native ponies tend to be very hardy and sure-footed.*

*Suitable clothes for riding are jodhpurs, or other close-fitting trousers, worn with a shirt in summer or a sweater and weatherproof jacket in the winter. Avoid baggy, flapping clothes.*
*The really essential items of a rider's kit, however, are a hard hat (preferably a racing-style crash helmet with a chinstrap) and proper riding boots.*

*A good rider tries to understand and help her pony, and "talks" to her pony by using her hands on the reins, her seat on the saddle, her legs on the pony's sides, and her voice to soothe and command.*
*There's an old poem that says:*

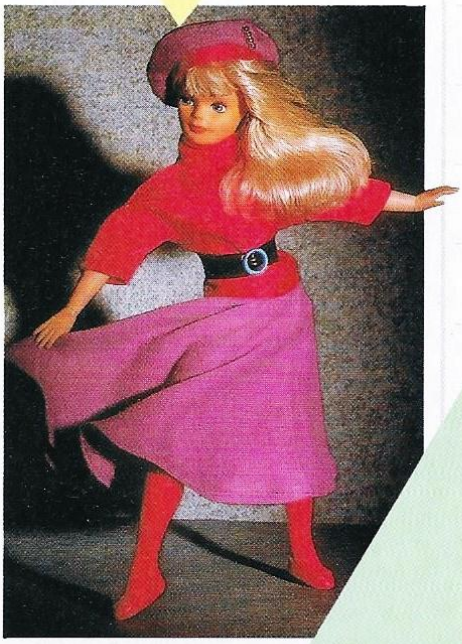
> *Your head and your heart keep up,*
> *Your hands and your heels keep down,*
> *Your knees keep close to your horse's side,*
> *And your elbows close to your own.*

*Keep to these rules and you're well on the way to becoming a happy rider on a happy pony.*

# SPRING EASTERS

**EASTER ANAGRAM**
*How many words can you make out of the letters in*

**EASTER?**



**SCRAMBLED EGGS**
*Sindy is having an Easter party. She has bought an Easter egg for each of her 10 guests. Unfortunately Sindy drops and breaks 2 of the eggs on her way home from the shops. Not to worry, as some people are bringing their own eggs — 4 bring 2 eggs each, and 3 bring 1 egg each. One guest doesn't like Easter eggs at all so she brings one for Sindy instead. When all the eggs are counted at the party, Sindy shares them out equally. How many eggs does each person have?*

**SPRING GARDEN**
*Can you unscramble the names of these spring flowers?*

1. **FILDADOF**
2. **LEULBLEB**
3. **PUTLI**
4. **TECBPTURU**
5. **PROONSWD**

*Answers on page 60-61*

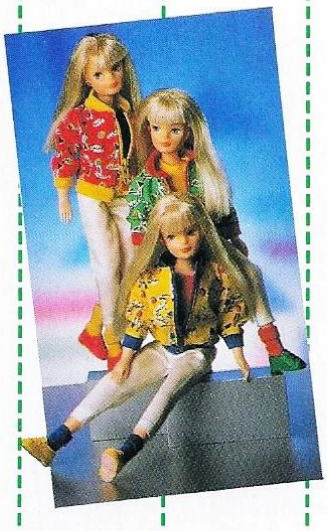
# CASSETTE LABELS

*No need to put up with the original cassette labels. Here's a pair of special Sindy designs to liven up your collection. Just cut and fold where indicated.*

FOLD FOLD

TITLE

C I T Y



Sindy®

CUT HERE

NO.

G I R L

B

RECORDING DETAILS

A

TITLE

Sindy®

Romance 'n' Roses

CUT HERE

NO.

B

RECORDING DETAILS

A

FOLD FOLD FOLD

CASSETTE

# LABELS

FOLD FOLD FOLD

CUT HERE

Sindy®

NO.

TITLE

A RECORDING DETAILS B

CUT HERE

Sindy®

NO.

TITLE

A RECORDING DETAILS B

FOLD FOLD FOLD

# DIARY

*Mother's Day, Easter, May Day . . .*
*Fill in all the important dates you need to remember in March, April and May.*

## MARCH

| | | |
|---|---|---|
| 1 | 12 | 23 |
| 2 | 13 | 24 |
| 3 | 14 | 25 |
| 4 | 15 | 26 |
| 5 | 16 | 27 |
| 6 | 17 | 28 |
| 7 | 18 | 29 |
| 8 | 19 | 30 |
| 9 | 20 | 31 |
| 10 | 21 | |
| 11 | 22 | |

## APRIL

| | | |
|---|---|---|
| 1 | 12 | 23 |
| 2 | 13 | 24 |
| 3 | 14 | 25 |
| 4 | 15 | 26 |
| 5 | 16 | 27 |
| 6 | 17 | 28 |
| 7 | 18 | 29 |
| 8 | 19 | 30 |
| 9 | 20 | |
| 10 | 21 | |
| 11 | 22 | |

## MAY

| | | |
|---|---|---|
| 1 | 12 | 23 |
| 2 | 13 | 24 |
| 3 | 14 | 25 |
| 4 | 15 | 26 |
| 5 | 16 | 27 |
| 6 | 17 | 28 |
| 7 | 18 | 29 |
| 8 | 19 | 30 |
| 9 | 20 | 31 |
| 10 | 21 | |
| 11 | 22 | |

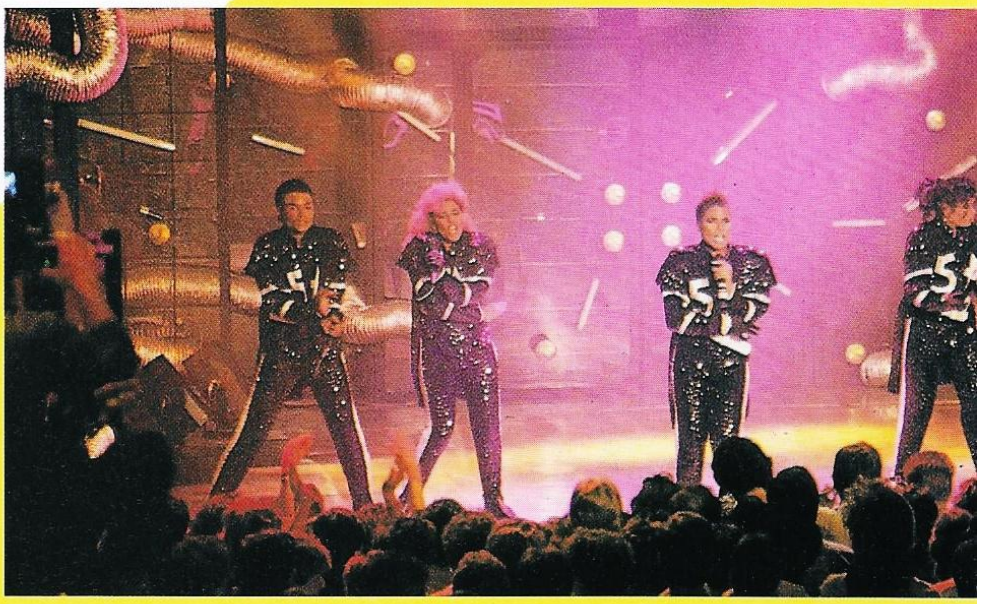
# FIVE ★ STAR FILE

*Take five talented youngsters. Take a mum and dad determined to back them all the way. Take generous helpings of glamour, glitter, super songs and great dance routines. Roll them all together and what do you have?* ***FIVE STAR!*** *The sensation of the eighties!*

*The story began in suburban Romford. Doris Pearson watching her idols,* ***THE JACKSON FIVE,*** *on the family's tiny black and white t.v. Like so many Jacksons' fans, she wished she could enjoy their success, but unlike the others, Doris and her brothers and sisters did something about it!*

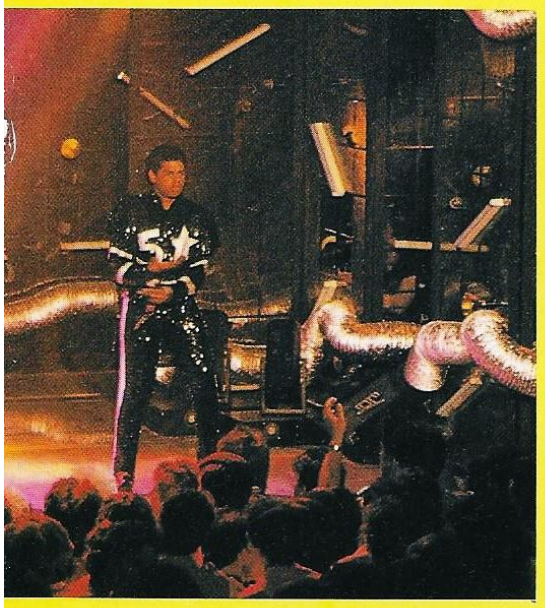
*Under the management of their father — "Buster" Pearson, the three girls and two boys suddenly found themselves whizzing up the pop charts. An overnight smash . . . there was no stopping them now.*

*Ever busy, this fantastic fivesome nevertheless found time to reveal some fascinating Five Star facts . . .*



***DENIECE LISA MARIA PEARSON*** *birthdate — 13th June, 1968, feels home should be a relaxing cosy place where she can think up lyrics for new songs. For choice, she likes big and baggy outfits, though is fascinated by the styles of years gone by. As a keepsake she still treasures a tiny guitar given to her by her mother when Deniece was nine years old. She hates any form of dishonesty and wants to be a very, very successful singer, dancer and all-round entertainer.*

***LORRAINE SAMANTHA JEAN PEARSON*** *born — 10th August, 1967, likes to have lots of friends around her. She loves the glamour and glitter of their stage costumes and helps brother Stedman design them. Out of the spotlight, however, you'll find her in jeans and "comfy" style trousers. Lorraine is compiling a scrapbook of everything that Five Star have done. For relaxation, she likes to watch old black and white movies — a real contrast to the colour, flash and dazzle of stage life. In the future, she'd like to become a comedy actress.*

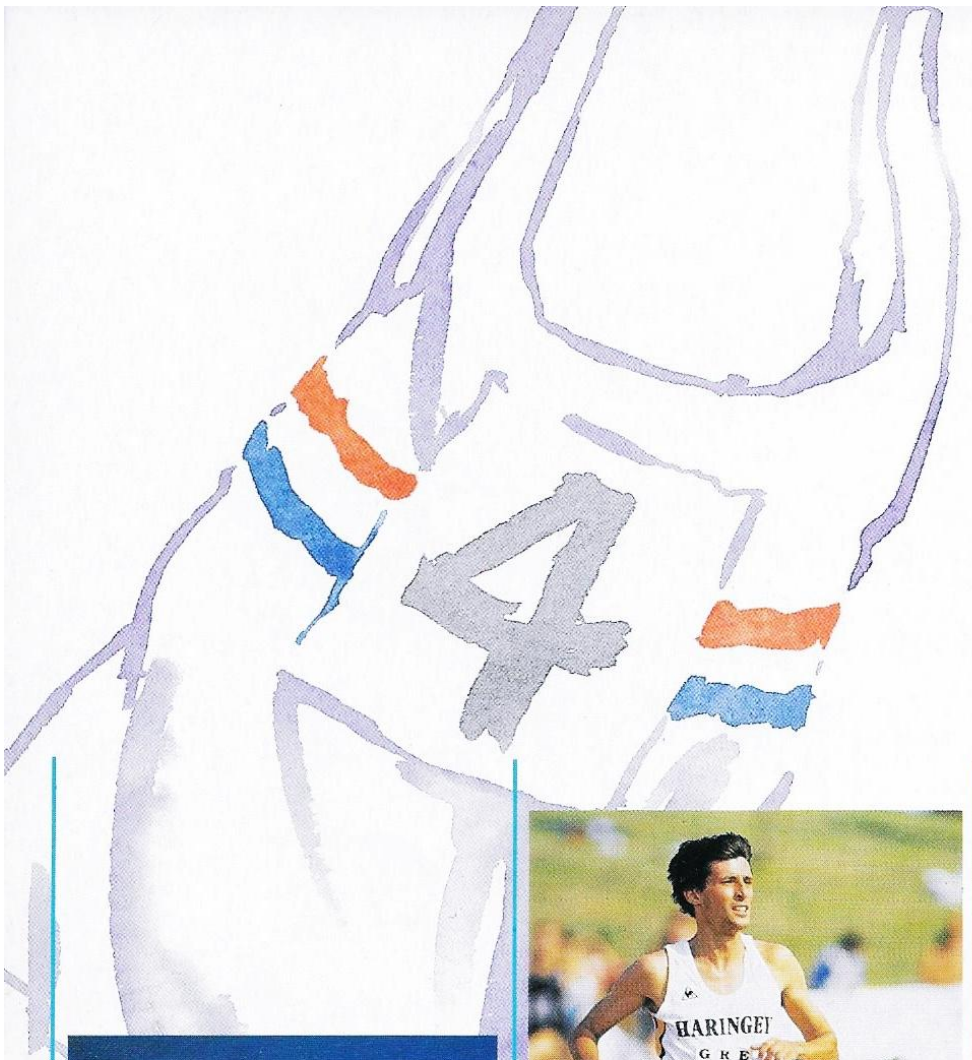


***DORIS MAY PEARSON*** *who's birthdate is 8th June, 1966, likes cats, luxury swimming pools, aerobic workouts and Michael Jackson, though not necessarily in that order! Once a school netball champion, around the house she tends to wear P.E. skirts or shorts, but likes to get really dressed up when she goes out. Doris is the choreographer of the band and works out the dance routines for each video. In quiet moments, she enjoys model making but is really an outgoing girl who wants to keep the Five Star phenomenon at the top.*

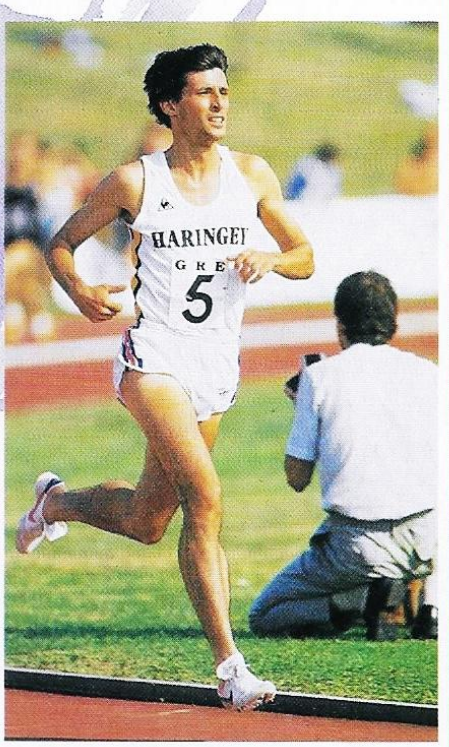
*The big brother of the team,* ***STEDMAN PEARSON JUNIOR*** *entered the world on 29th June, 1964. He took over the designing of the Five Star stage costumes from his father soon after they crashed onto the pop scene. Luckily, he did a spell of fashion design at college! He's quiet and shy most of the time, but if he wants something, nothing gets in his way! His favourite foods are West Indian, Chinese and Japanese dishes and off-stage he likes to work with a paint brush and easel. Stedman would like to move into photography and film directing.*

*From the eldest to the youngest Star attraction.* ***DELROY PEARSON*** *born — 11th April, 1970, wide open spaces attract him. He'd like some day to live somewhere with lots of land and his own lake. Not surprisingly, therefore he lists fishing amongst his hobbies. An all-go type, Delroy was an ace footballer, playing for the local district junior team. Weight training helps keep him in trim. He chooses brilliant white shirts when going out and about, but usually lets the girls decide what HE wants to buy at clothes shops. His ambitions: to stay successful, healthy — and own lots of fast cars. It's just as well he's good at saving money.*

*So there you are. More than just a family. Five good friends and five good reasons why their names will stay up in lights . . .* ***FIVE STAR!***

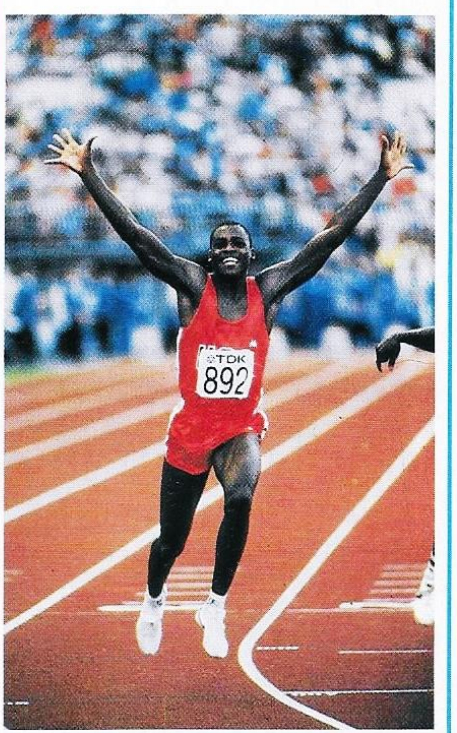


# SPO




**SEBASTIAN COE**

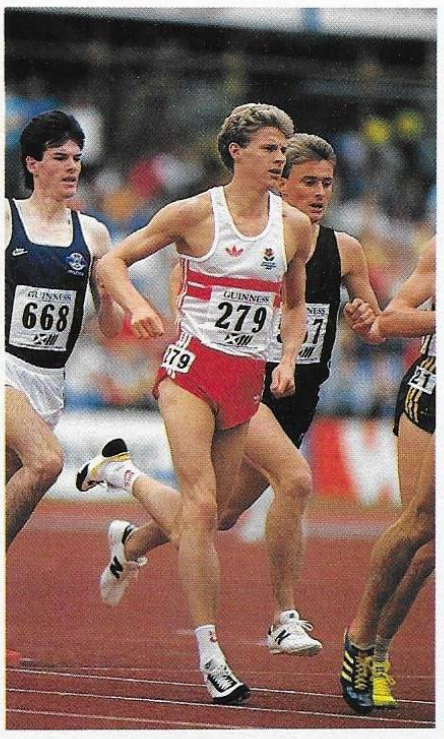
*Sebastian Coe first emerged as a world class runner in 1977, when at the age of twenty he won the European 800m title. But it was in 1979 that he really made his mark, with world records in the 800m, 1500m and mile. Injury in 1983 forced his withdrawal from world competition. His days at the very top were numbered but he remains one of the great household names of athletics.*




**CARL LEWIS**

*Carl Lewis arrived on the world athletics scene in 1981 in spectacular style. Aged only nineteen he ran the fastest recorded 100 metres and came very close to the existing long jump record of 8.9 metres. He won four gold medals at the 1984 Olympic Games, and is indeed a great superstar.*

# RTING PROFILE

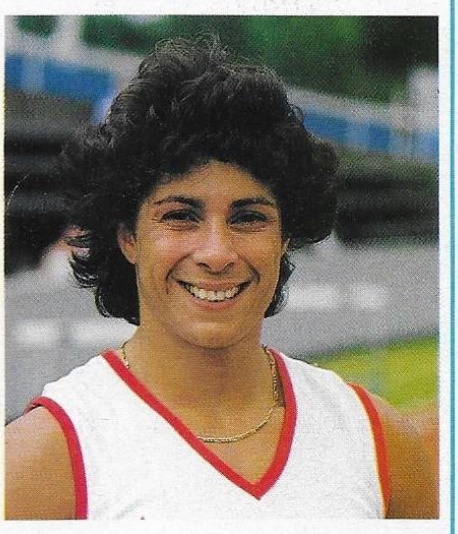



**STEVE CRAM**

*Steve Cram is now recognized as the world's leading middle distance runner. He has been running in competition since he was twelve. 1982 saw him win both European and Commonwealth titles and top the world rankings for 800m. One year later he confirmed his status by beating Ovett and Coe in separate races and clinching the gold medal for the World Championship 1500mm.*

**TESSA SANDERSON** **FATIMA WHITBREAD**

*Born in 1956 in Kingston, Jamaica, Tessa Sanderson's greatest moment was receiving a Commonwealth Gold Medal in 1983. That same year her fellow competitor and great rival, Fatima Whitbread gained a European Cup Gold Medal. Between them, the two British girls are always among the top javelin throwers in world competition. The world record for javelin is over 74 metres, that's around 290 feet.*



# SUMMER

## SUMMER FUN

*Things are really hotting up in my fabulous fashion world! As the temperatures soar and SUMMER bursts upon us all, I look forward to long hours soaking up the sun by the pool, then off to the beach party to dance away the warm nights. The sunshine season is also the time of Romance and Roses, a frilly and feminine style I love to adopt. Cool and elegant in my full length cream creation, with rose trimmings and that wide brimmed hat above specially crimped hair, I just know I'm going to turn heads wherever I go . . . in the Royal Enclosure at Ascot . . . amongst the smart set at Henley Regatta.*

*Summer, when there's never a dull moment. Fetes and fairs abound. Trips to the seaside and picnics in the lush green country scenery. Wimbledon week sets me off on a tennis spree, great sport and super styles on court. I'll try to get to Birmingham in June to visit the Royal International Horse Show, but even in the hottest weather, I'll find some time to sit in front of the television to watch the Summer Olympics in Seoul, South Korea.*

*Just watching those athletes in action under the blazing sun makes me want to cool down . . . and here's a cheap and easy way to do just that. Make your own ice cream! All it takes is two eggs, half a cup of cream and two tablespoonfuls of icing sugar.*

*Separate the egg yolks from the egg whites by cracking each egg on the edge of a bowl, breaking the shell into two halves. Tip the yolk carefully from one shell half to the other and back again, so the white drips down into the bowl. Beat the egg whites with a fork or whisk until a thick froth forms. In a different bowl beat the cream until it thickens as well. Tip the cream on to the egg whites and mix. Put the egg yolks into the empty bowl, tip in the sugar and stir until smooth. Now mix everything together and add any flavouring you might like . . . such as small pieces of fruit or chocolate. Pour the mixture into a cake tin or tray and place it in the freezer or ice-making compartment of the fridge. After about one hour, your ice cream will be ready . . . and so will you!*

# HOROSCOPE

## GEMINI

**Birthdates: 22nd May — 21st June.**

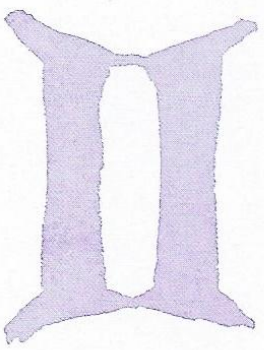
*A year of hustle and bustle. At school, at home and amongst friends, you always seem to be at the centre of things. An all-action lifestyle can be fun, but you'll find it hard to keep going unless you take time out to relax. A chance to travel in September or October may help as long as you keep your restless nature in check.*

*Birthstone — Agate.*

*Lucky number — 5.*

*Lucky day — Wednesday.*

*Wear — Yellow.*



## CANCER

**Birthdates: 22nd June — 22nd July.**

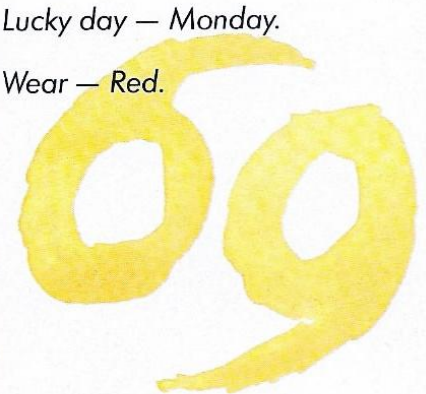
*Everyone and everything seems to be getting on your nerves as the year opens. Only for a short time, however, as a new friend enters your life. The summer period shows a strong musical surge — a visit to a star-name pop concert could well be indicated. Someone at home will be looking for your sympathy. Be careful not to be seen to be taking sides.*

*Birthstone — Ruby.*

*Lucky number — 1.*

*Lucky day — Monday.*

*Wear — Red.*



## LEO

**Birthdates: 23rd July — 23rd August.**

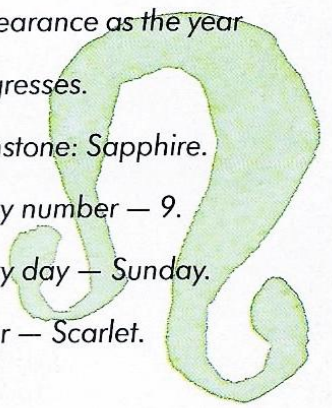
*The beginning of this year sees you making more New Year Resolutions than usual . . . and you seem to keep them longer, too! By mid-March it's go-go-go as you begin a new venture with your usual enthusiasm, however, others swept along in your wake may let you down at crucial moments. A lot of patience is needed here to avoid bad feeling. You find yourself becoming more and more conscious of your appearance as the year progresses.*

*Birthstone: Sapphire.*

*Lucky number — 9.*

*Lucky day — Sunday.*

*Wear — Scarlet.*



# GLAMO GIRL

***Many young girls have an ambition to become a model. In a recent interview, an up and coming young model answered some interesting questions . . .***

*Louise as a schoolgirl.*

# ROUS

*Louise Hobkinson is nineteen years old and lives near Birmingham. She has been working for the Louise Dyson Agency, in Birmingham, for the past three years. She is five feet ten inches tall, has blonde hair and blue eyes.*

*How old were you when you first wanted to be a model?*

**I was twelve when I first started thinking about it.**

*How old were you when you started training?*

**I was sixteen.**

*How long do you envisage being a model?*

**Perhaps for another five years or so, but it is something you can go on doing for years, contrary to what many people will say.**

*What sort of modelling do you do?*

**I mostly do fashion and beauty.**

*What do you do to relax?*

**I'm very keen on yoga.**

*Do you get many holidays, and where do you go?*

**Not too many, but I do work in exotic locations and sometimes extend the work to include a holiday at the end of it.**

*How many days in a week do you work?*

**Normally four or five days, but some of these days I might only work for a few hours.**

*What has been your favourite modelling session?*

**I spent a week working in Venice and on The Orient Express.**

*Have you been anywhere exotic to work?*

**I modelled swimwear in the Bahamas and took a holiday there at the end of the modelling session.**

*Where are you working at the moment?*

**I'm currently working in a film with "Sting".**

*Do you have any pets?*

**I have a golden Labrador called Scouse.**

*What are your favourite foods?*

**I love ice-cream and fresh fruit salad.**

*What type of clothes do you wear when you are not working?*

**Although my job involves trying lots of different clothes day after day, I never tire of this and always like to follow the latest fashion designs.**

*Do you keep to a strict diet, if so which?*

**I do watch my calories, sometimes I follow the raw vegetable diet.**

*Do you exercise, or do aerobics, or anything special to keep in trim?*

**I do aerobics and enjoy it very much.**

*What are your favourite sports and hobbies?*

**I like swimming and am keen on ballet and modern dance.**

*What advice would you give to any young girl who wanted to become a model?*

**It is very important to find a reputable agency, and you must be prepared to work very hard — but if you do decide to give it a try — I wish you all the best!**

Photo: Jamil Nader

SUMMER

# DIARY

*Summer holidays — birthdays — fill them in for June, July and August.*

## JUNE

| | | |
|---|---|---|
| 1 | 12 | 23 |
| 2 | 13 | 24 |
| 3 | 14 | 25 |
| 4 | 15 | 26 |
| 5 | 16 | 27 |
| 6 | 17 | 28 |
| 7 | 18 | 29 |
| 8 | 19 | 30 |
| 9 | 20 | |
| 10 | 21 | |
| 11 | 22 | |

## JULY

| | | |
|---|---|---|
| 1 | 12 | 23 |
| 2 | 13 | 24 |
| 3 | 14 | 25 |
| 4 | 15 | 26 |
| 5 | 16 | 27 |
| 6 | 17 | 28 |
| 7 | 18 | 29 |
| 8 | 19 | 30 |
| 9 | 20 | 31 |
| 10 | 21 | |
| 11 | 22 | |

## AUGUST

| | | |
|---|---|---|
| 1 | 12 | 23 |
| 2 | 13 | 24 |
| 3 | 14 | 25 |
| 4 | 15 | 26 |
| 5 | 16 | 27 |
| 6 | 17 | 28 |
| 7 | 18 | 29 |
| 8 | 19 | 30 |
| 9 | 20 | 31 |
| 10 | 21 | |
| 11 | 22 | |

# SUMMER PROGRAMME

**HOLIDAY QUIZ**

*1. Neapolitan ice-cream is made from three different flavours. Can you name them?*

*2. Which famous tennis tournament happens in June every year?*

*3. Name three British seaside resorts beginning with B.*

*4. Name Madonna's famous summer hit.*

*5. What type of holiday would you probably be going on if you went to Kenya?*

*6. In which country would you find the Costa del Sol?*

*7. Which sporting event takes place at Badminton?*

*8. Which popular summer fruit is usually served with cream and sugar?*

*9. Who sang the famous words 'We're all going on a summer holiday . . .'?*

*10. You can get sunburnt on a skiing holiday. True or false?*

**SUMMER SEARCH**

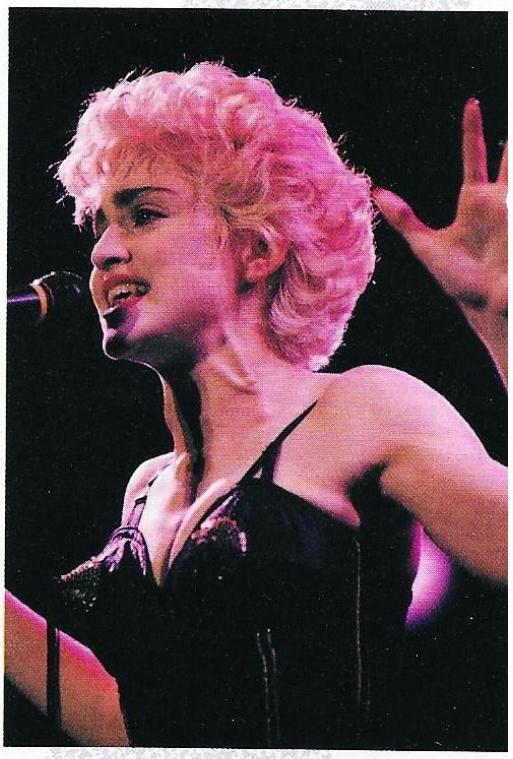
*Can you find these thirteen summery words? Look for them in straight lines, up, down, backwards, forwards and diagonally.*

*DECKCHAIR TAN SALAD*
*POOL SANDCASTLE*
*ICECREAM SAND SEA*
*SUNGLASSES MILKSHAKE*
*DONKEY SEAGULL BEACH*

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| P | U | I | A | S | A | E | S | T |
| D | O | N | K | E | Y | L | I | J |
| E | T | S | O | S | M | T | D | O |
| C | R | C | A | S | I | S | K | A |
| K | Y | L | S | A | L | A | D | M |
| C | D | M | P | L | K | C | G | A |
| H | E | B | O | G | S | D | D | E |
| A | C | O | F | N | H | N | H | R |
| I | P | N | M | U | A | A | Q | C |
| R | A | D | W | S | K | S | V | E |
| T | W | H | C | A | E | B | N | C |
| L | L | U | G | A | E | S | X | I |

*Answers on page 60-61*

# HOT GOSSIP



***Madonna's full name is Madonna Ciccone, she was born in Detroit, USA.***

***Madonna's first picture disc was the single "Crazy For You".***

29 July 1982 Andy Taylor of Duran Duran married Tracie Wilson in Los Angeles.

Bob Geldof's birthday is October 5.

Bob Geldof and Paula Yates have a daughter called Fifi Trixibelle.

John Taylor of Duran Duran paid £69,995 for an Aston Martin DB5.

Kate Bush was only 18 when she had the number one hit single "Wuthering Heights".

Dire Straits "Love Over Gold" LP was released on October 2 1982 and stayed in the charts for 112 weeks.

David Bowie's real name is David Jones.

Mark Knopfler of Dire Straits was born on August 12 1949.

Howard Jones' birthday is on February 23.

At the age of 13 Phil Collins played the part of The Artful Dodger in "Oliver" in the New Theatre in London's West End.

Phil Collins' full name is Philip David Charles Collins.

"I wish I had been a professional tennis player" — Bryan Ferry.

Simon Le Bon's yacht is called "Drum".

June 7 is Prince's birthday.

The real name of Bono of U2 is Paul Hewson.

***In America 500,000 Michael Jackson dolls were manufactured before they realised they'd been putting the glove on the wrong hand.***

***Michael Jackson spends one hour a day in an oxygen tent in an attempt to live longer.***

Barry Manilow's Mum once went to one of his concerts wearing a t-shirt that said: "I'm Barry Manilow's Mum!".

The first record that Feargal Sharkey bought was "19th Nervous Breakdown" by the Rolling Stones.

Chrissie Hynde of The Pretenders is married to Jim Kerr of Simple Minds.

Chris Lowe of The Pet Shop Boys greatest fear is of flying.

George Michael's nickname is Yog.

Bono of U2 drives a hearse.

# WORK-OUT

***Get fit and stay healthy. Here are a few simple exercises to help you keep in trim. But before you start please read the instructions carefully.***

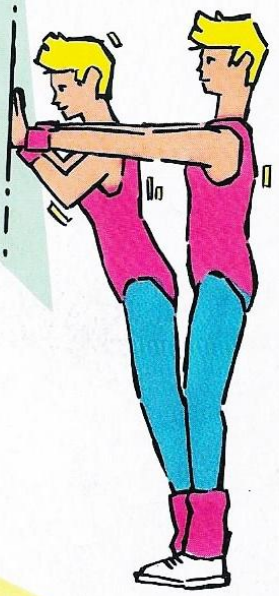
- *Take it easy, there is no need to try too hard.*
- *Begin the exercise programme slowly and work up to longer work-outs at your own pace.*
- *Make sure you warm-up and cool-down before and after each session.*
- *It's better to work-out regularly rather than just once a week. Get into a routine.*
- *Never force any of the moves.*
- *Dress in comfortable clothes such as loose-fitting outfits or ones that stretch.*
- *Drink plenty of fluids especially when you have been exercising hard.*
- *Eat good, healthy foods. Always wait 1 or 2 hours after a meal before exercising.*
- *Don't just work-out for exercise, but add walks, bike rides or running to your routine as well as other sports and activities.*

1 Stand with legs apart and arms held out to the sides. Twist and bend at the waist, bringing the right hand down towards the left foot — keep your arm straight and legs slightly bent. Return to upright position and stretch with the left hand towards the right foot.

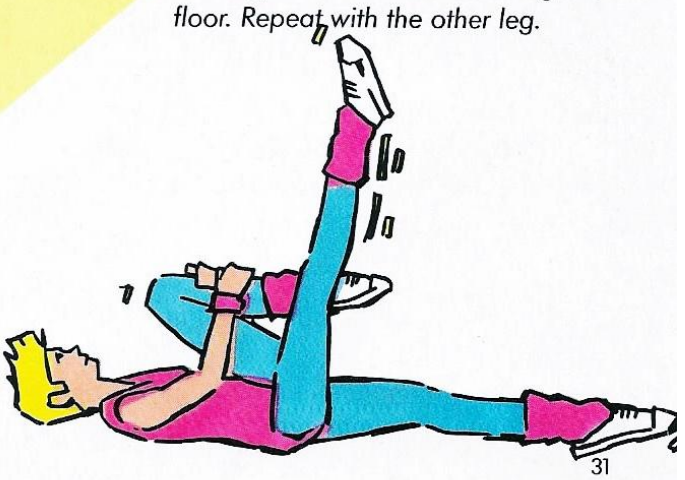
2 Sit on the floor and spread your legs as far as you can without straining. Stretch your arms out above your head and bend forwards towards your right foot. Return to an upright position and repeat to the other side. Try to bring your nose closer to your knee each time, without straining.

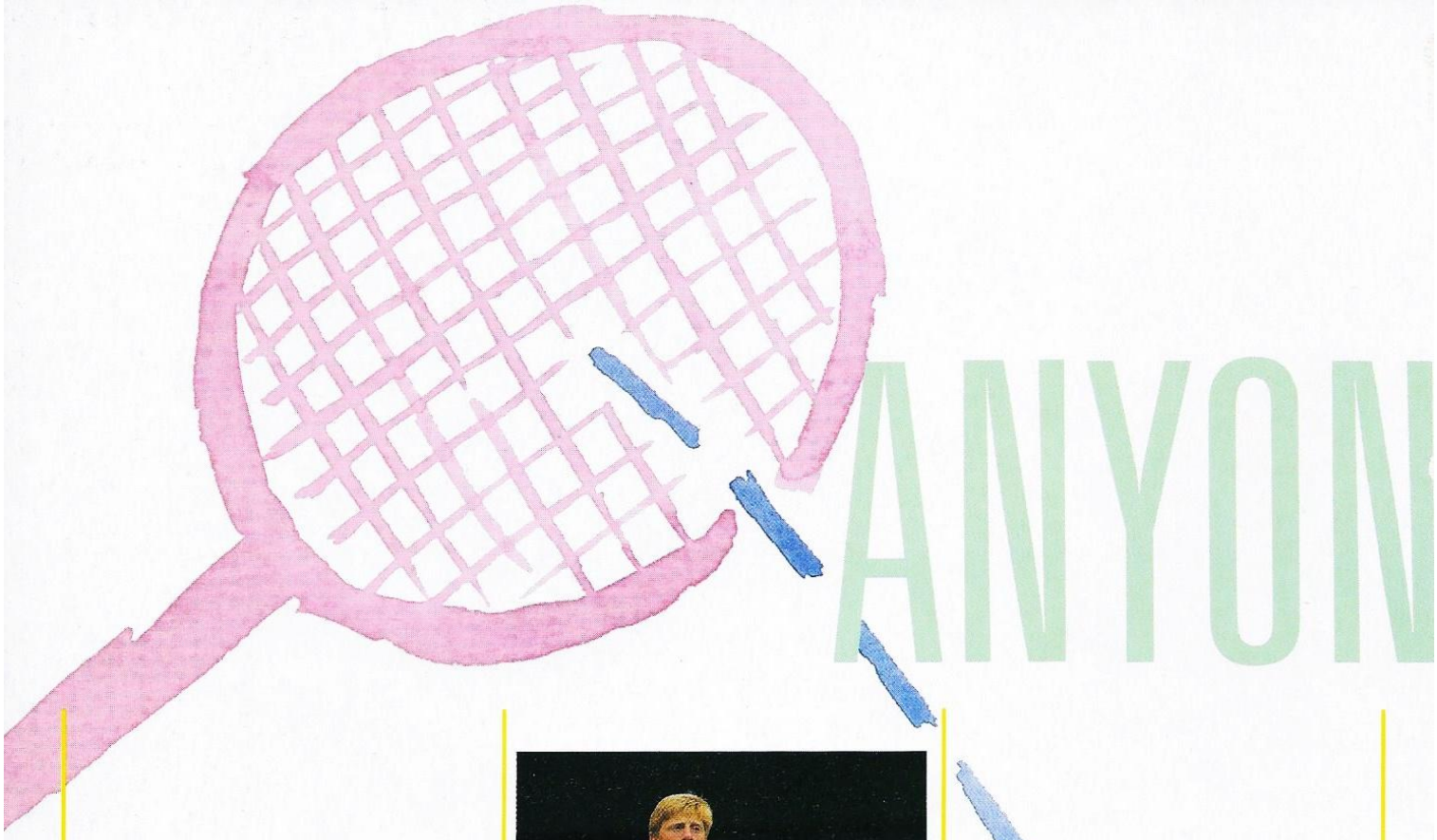
3 Stand with your feet slightly apart and arms straight out to your sides. Slowly twist your body to one side then back to the centre and then to the other side, keeping your head pointing forwards. Repeat several times stretching further each time.

4 Stand with both arms straight out in front of you so that you can place your palms on a wall. Lean forwards keeping your heels on the floor and your legs straight. Hold for a few seconds and return to a standing position.

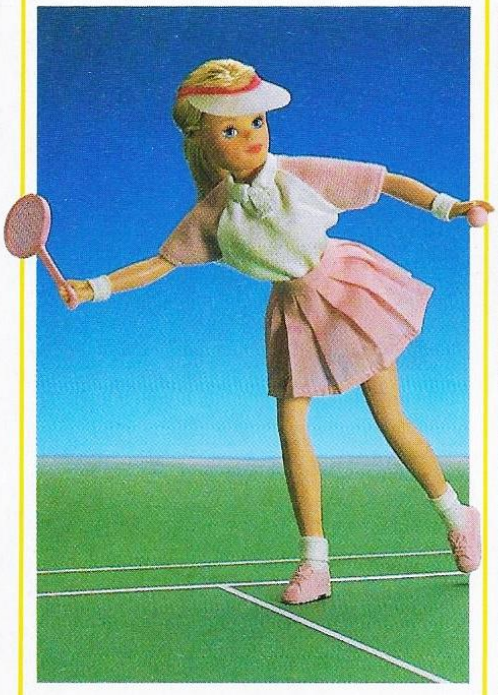


5 Lie on your back, and hold your right knee to your chest. Lift your left leg up and down keeping it straight and without touching the floor. Repeat with the other leg.

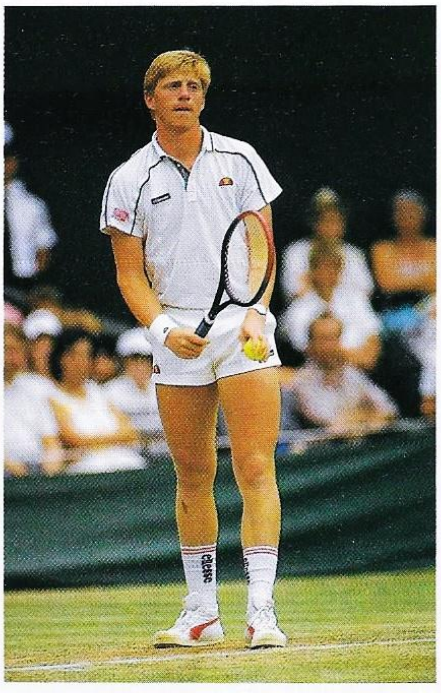




# ANYON

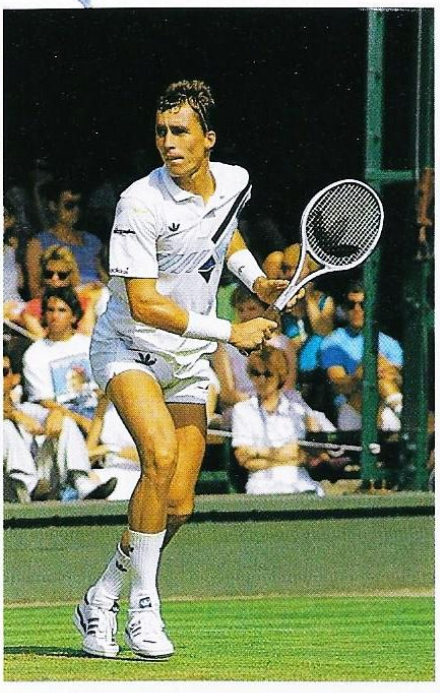


**Sindy loves to play tennis during the summer months. She also likes to watch her favourite tennis stars in action.**



***BORIS BECKER***

*Boris began his tennis career at the age of four and won many junior tournaments. His nickname is 'Boom Boom' because of the power of his serve. At only nineteen he became the youngest player in over a hundred years to win at Wimbledon (1985 and 1986).*

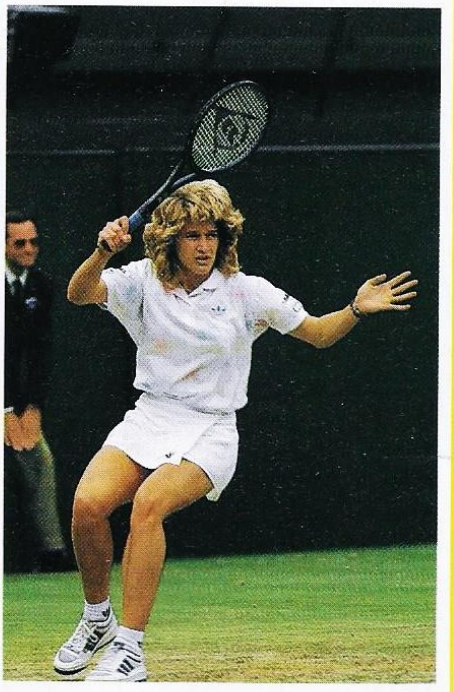


***IVAN LENDL***

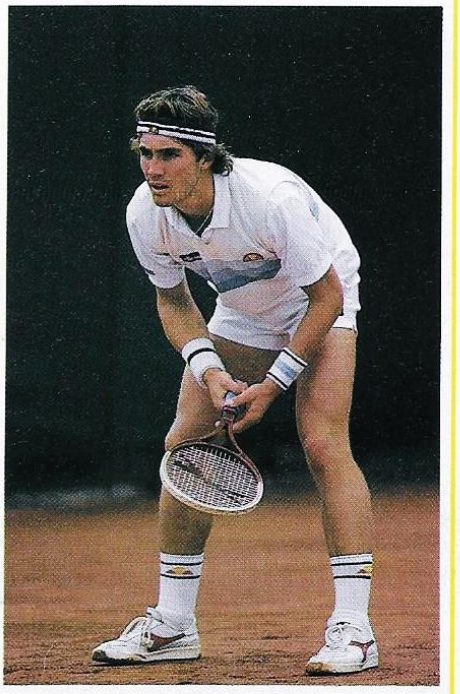
*Ivan will never have the same fan following as players like Pat Cash and Boris Becker as he is known as a 'loner' and dedicates himself solely to the sport. However, this has made the Czechoslovakian player No. 1 in the world rankings.*

# E FOR TENNIS?

**MARTINA NAVRATILOVA**
*Martina has dominated ladies' singles tennis for many years. In fact, out of forty-nine Grand Slam tournaments she has reached the final forty-eight times! Her Wimbledon triumph of 1987 gave her a record sixth successive title although she has actually won Wimbledon a total of eight times.*



**STEFFI GRAF**
*Like her great friend, Boris Becker, Steffi was handed her first tennis racket at the age of four. At seven she took part in her first tournament . . . and won! She was part of the same team of young players as Boris, receiving coaching from the German Tennis Federation. Steffi nearly made it in 1987, becoming the ladies' singles beaten finalist.*

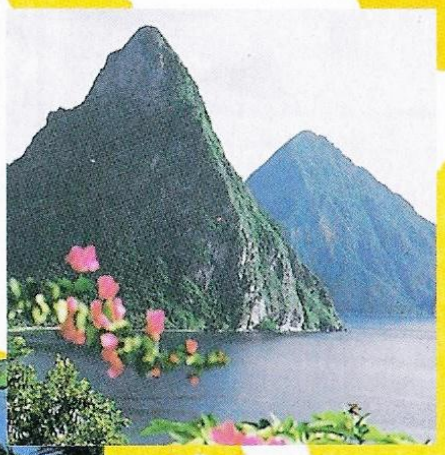


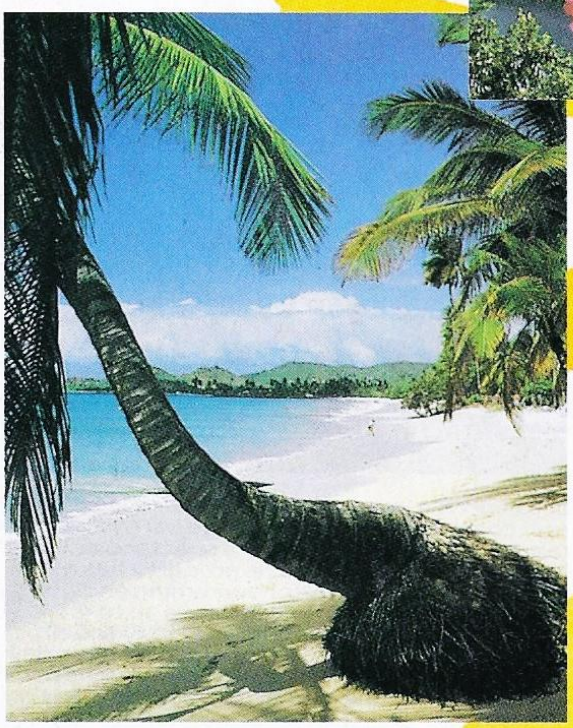
**PAT CASH**
*The latest superstar of tennis is twenty-two year old Pat Cash, the new golden boy with a vast teenage following the world over. Pat started playing tennis at the age of nine. He believes in total commitment to his sport and spends eight hours every day training and taking care of his body. When he does have any spare time Pat enjoys playing rock guitar. Pat came to Wimbledon in 1987 ranked number thirteen — unlucky for some — but not Pat. He beat Ivan Lendl in the final, taking the world's greatest tennis crown.*

# SINDY

### THE CARIBBEAN

*Long, sandy beaches — this was a wonderful holiday. Full of hot sunny days when I spent most of my time water skiing, sailing, wind surfing and in between all this just lazing on the beach. I was very careful not to burn as my skin is so fair, I used the right sun protection lotion. This is very important. The sea was very clear, and in some places you could see right down to the bottom. The coral reefs were fantastic. I took plenty of shorts and beach clothes. Some evenings we had a BBQ on the beach — it was such fun!*





### SINDY ON SKIS

*My winter skiing holiday was super. Skiing in Switzerland with blue skies, crisp, white snow, the air so fresh and clean, and dancing at the disco most evenings. I was exhausted when I came home! You have to be very fit to be a really good skier, but anyone can learn. Having the correct ski gear is all important and you must always wrap up well. The scenery was breathtaking and the skiing exhilarating. I used to get up early and ski nearly all day with just a short break for lunch, then back to the ski slopes for another go!*

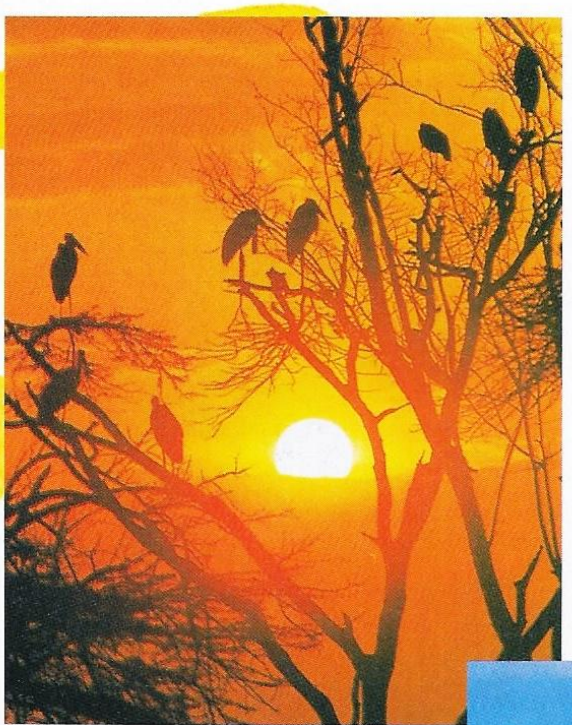
# ABROAD

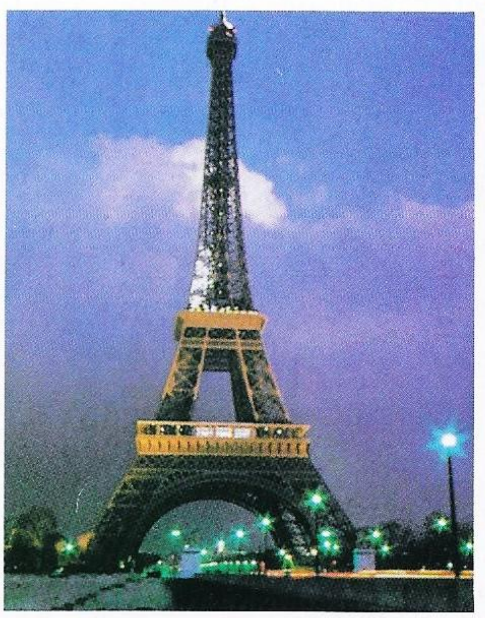
**ON SAFARI**

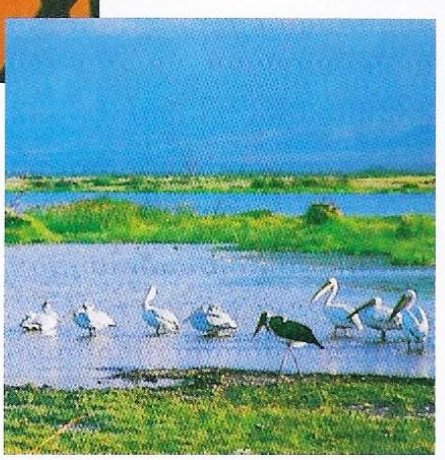
*One of my most exciting adventures was on safari. Seeing all the wild animals running and living free was wonderful. Lions, elephants, leopards, buffalo, zebras, giraffes and the beautiful bird life. The scenery was different from anything else I had ever seen, I stood in the crater of a volcano, met some tribesmen and saw many unusual and spectacular sights. One morning at dawn I went for a trip in a hot air balloon and took some wonderful photographs. It was certainly a holiday and experience I shall never forget.*

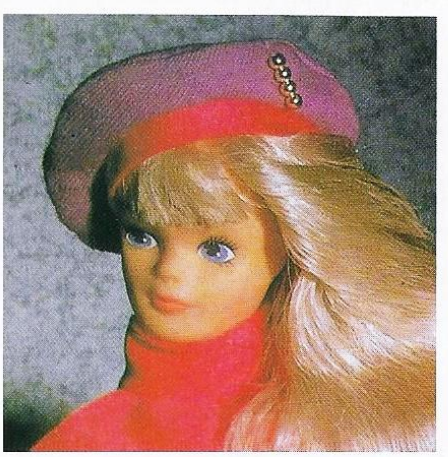
**PARIS**

*Paris is full of life, colour and romance. There are so many sights to see, the Notre Dame, a walk down the Champs-Elysees, taking in all the art galleries, a boat trip down the River Seine. I stayed in a lovely hotel very close to the Eiffel Tower. I especially enjoyed the market places, cafes and bistros. I had great fun practising my French when I bought clothes in some of the fantastic French boutiques. Paris never seems to sleep at night — and I spent some evenings dancing until dawn.*









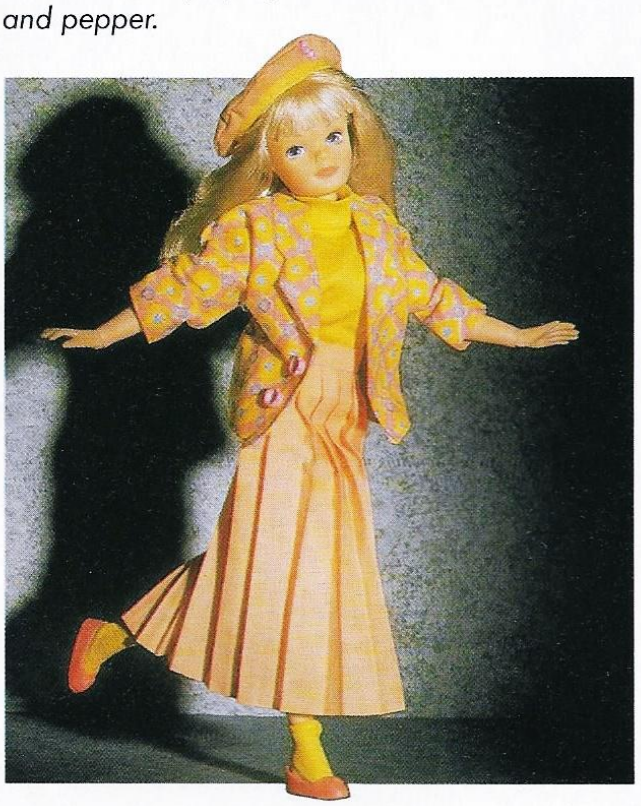
# AUTUMN

## AUTUMN SHADES

*As the year lengthens and the golden shades of the falling leaves match the glow of the sunsets, AUTUMN finds me at perhaps my most colourful. Peach and yellow brought together in a variety of different styles sets the trend when I'm out and about. I can mix and match my hat, jacket, polo neck, skirt, belt, leggings, socks and shoes in a host of different ways. With my hair flowing long, loose and free, it's easy to look and feel — just sensational!*

*A check in my diary shows just how much is going on at this time of the year. Watch out for the National Gymnastics Championship in October and also in the same month the Horse Of The Year Show at Wembley. As a reminder of summer, the National Swimming Championship is given a November slot. Hallowe'en at the end of October gives us all an excuse for a spooky style party and of course remember, remember the 5th of November . . . terrific fun, as long as you play safe.*

*In autumn, the humble potato really comes into its own. Baked, boiled or chipped it's cheap and freely available. Why not try this simple-to-cook family-sized dish — Potato and Cheese Casserole? You need 1kg (2lbs) of potatoes, ½kg (1lb) of onions, 225g (½lb) cheddar cheese, 25g (1oz) of butter, 300 ml (½ pint) of milk, salt and pepper.*



*Grease a casserole dish with butter or margarine, and cover this with a layer of thinly sliced potatoes. Over this goes a layer of sliced onions, then a layer of grated cheese. Dab small knobs of butter all over the top, slice more potatoes and onions, grate the rest of the cheese and repeat this layering process until all the ingredients are used up . . . finishing with the last of the potatoes. Pour previously boiled milk over the casserole and bake in an oven at 190°C/375°F or Gas Mark 5 until the potatoes are tender when pierced with a knife. Served hot or when cooled, it's great!*

# HOROSCOPE

## VIRGO

**Birthdates: 24th August — 23rd September.**

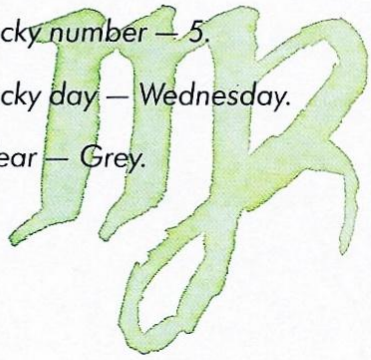
*As Miss Virgo, you set yourself high standards and in the coming year you appear to be striving even harder than before to prove yourself. The signs are favourable for accomplishments requiring skill and grace. Ballet, gymnastics and water sports could well play prominent parts in a successful outcome. Not a year of great change, think long and hard before taking up a completely new line of interest.*

*Birthstone — Sardonyx.*

*Lucky number — 5.*

*Lucky day — Wednesday.*

*Wear — Grey.*



## LIBRA

**Birthdates: 24th September — 23rd October.**

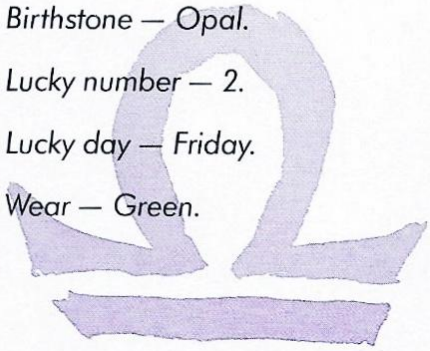
*If the last year has been a bit of a "problem" year for you, now's the time to relax. Fortune — and those around you at home and at school — finally seem to be on your side. You feel bright, breezy and fancy free and may well celebrate with as many new outfits as you can afford. The wiser side of your nature may be called upon to settle a long-standing argument between two of your friends.*

*Birthstone — Opal.*

*Lucky number — 2.*

*Lucky day — Friday.*

*Wear — Green.*



## SCORPIO

**Birthdates: 24th October — 22nd November.**

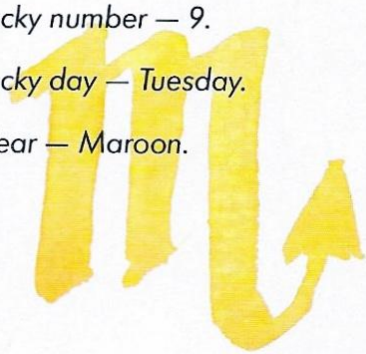
*Normally something of a loner, you'll find yourself part of a team during the early part of this year. Some sort of group project outside of the home could well be the attraction. During the coming year, don't be afraid to speak your mind, even though this may threaten your popularity. Holiday and travel prospects are good, so if you have the chance, get up and go!*

*Birthstone — Topaz.*

*Lucky number — 9.*

*Lucky day — Tuesday.*

*Wear — Maroon.*



# ROOM FOR IN

**Outside, the weather looks dull. Inside, perhaps your room looks pretty dull, too. What can you do to brighten it up?**

### MAKE A PIN BOARD DISPLAY

*If you don't already have a pin board, you can hang up a large sheet of cardboard (don't stick pictures straight on to paintwork or wallpaper). Choose photographs of your favourite film and pop stars, pictures of animals, postcards, family snapshots, funny newspaper clippings, maybe even your own drawings. Trim them carefully, perhaps cutting round the outlines of some of the shapes, and arrange them artistically, with some of them overlapping. As a final touch, add your name or initials cut out of coloured paper.*

### ARE YOU A COLLECTOR?

*Whether you collect cacti, china animals, paperweights, snowstorms, erasers or anything else, you can have fun arranging them in an attractive display. Find some old boxes (shoeboxes are ideal) and cover them with crêpe paper or wallpaper. Stand your collection on these, so that every item can easily be seen. In some cases, you might be able to label each item.*

*If you collect old and interesting objects, you might like to start your own museum.*

### A BADGE CUSHION

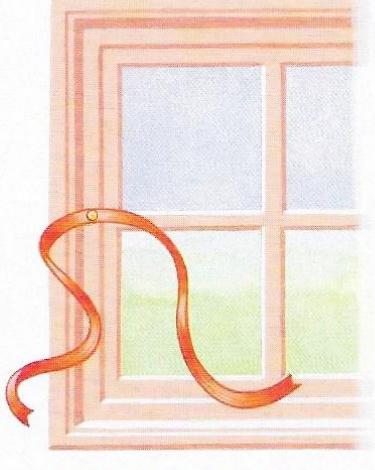
*Cheer up a dull cushion by sewing or sticking on fabric badges — the sort you might collect while on holiday. Apart from brightening up your room, it'll also be a colourful reminder of all the places you've visited.*

# IMPROVEMENT

### CURTAIN TIES

*Give a new look to your room by making tie-backs for your curtains out of pieces of ribbon.*

*The easiest way to do this is to fix the ribbon tie-backs to the window frames with drawing pins, then simply tie them in bows round the curtains.*



### A MIRROR FRIEZE

*Use toothpaste (yes, really!) to stick pictures around the edges of your mirror (but remember to ask permission first). Cut out magazine pictures of fashions or animals or flowers, or whatever you like, put a dab of toothpaste on the back of each and press it onto the mirror. When you want to remove the pictures, a damp cloth will take away all traces of the toothpaste.*

### DOOR MESSAGES

*You can make these out of stiff card, but be sure to ask permission before pinning or sticking them to your door.*

LIZZIE'S ROOM

KEEP OUT!

DO NOT DISTURB

BLASTING ZONE

ENTER AT YOUR OWN RISK

QUIET — GENIUS ASLEEP

BEWARE OF THE GERBIL

WAIT HERE
FOR AUTOGRAPHS

# AUTUMN PUZZLES

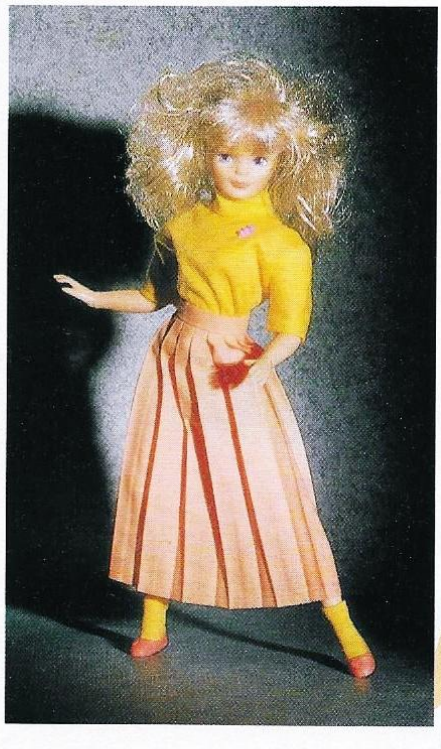
### AUTUMN ANAGRAM

*How many words can you make out of the letters in*

**BONFIRE?**

### MYSTERY BAG

*Sindy has a bag containing a russet, a Worcester, a comice and a conference. What is she carrying?*



### WHIZZ-BANGS!

*Can you unscramble the names of these fireworks?*

1. **MANOR DECLAN**
2. **REEFICCARRK**
3. **PREKARLS**
4. **HARTENICE HELEW**
5. **KROTEC**



*Answers on page 60-61*

# FAN CLUB FAX

***Sometimes, it can be very difficult to get the latest info on your favourite pop stars. So, here is a list of fan-club addresses for Sindy's favourite stars.***

**A-HA**
*A-HA Information Service*
*Winterland Productions*
*37 Soho Square*
*London W1*

**HOWARD JONES**
*PO Box 185*
*High Wycombe*
*Bucks*
*HP13 6HP*

**THE ROLLING STONES**
*PO Box 200*
*Surbiton*
*Surrey*
*KT6 4NH*

**DEPECHE MODE**
*C/O Jo*
*New Hall*
*42 Hillway*
*Billericay*
*Essex*

**U2**
*Official Information Service*
*PO Box 48*
*London N6 5RU*

**ALISON MOYET**
*Alison Moyet Information Service*
*PO Box 5*
*Billericay*
*Essex*

**FIVE STAR**
*C/O RCA Press Office*
*1 Bedford Avenue*
*London WC1*

**LEVEL 42**
*PO Box 507*
*London*
*N1 4TD*

**GO WEST**
*81 Harley House*
*Marylebone Road*
*London NW1*

**PRINCE**
*PO Box 4AH*
*London*
*W1A 4AH*

**BANANARAMA**
*ITB*
*113 – 117 Wardour Street*
*London W1*

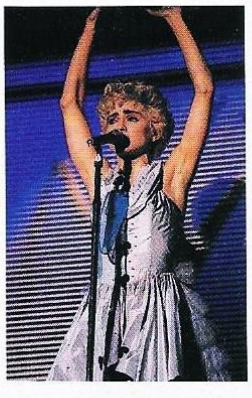
**KATE BUSH**
*PO Box 38*
*Brighton BN1 5QA*

**PAUL YOUNG**
*PO Box 140*
*London*
*WC2H 8PB*

**SPANDAU BALLET**
*C/O Jacqui Quaiffe*
*Suite 7*
*89 Gt Portland Street*
*London W7*

**OMD**
*White Noise Ltd*
*132 Liverpool Road*
*London*
*N1 1LA*

**FEARGAL SHARKEY**
*PO Box 360*
*London*
*N8 7QZ*

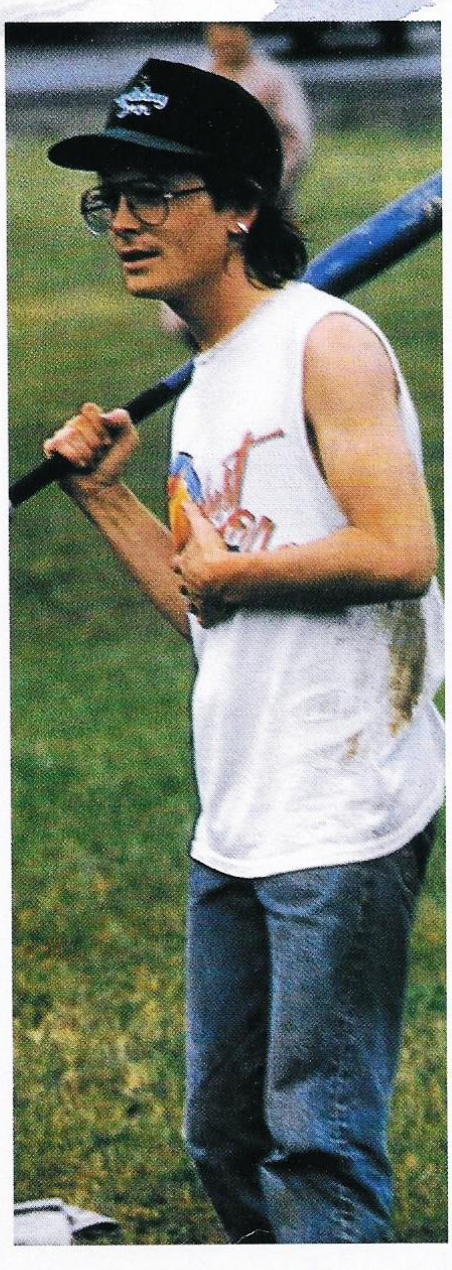


**MADONNA**
*C/O Jo Edwards*
*Winterland*
*37 Soho Square*
*London W1*

Michael J. Fox.

# FILM STAR FILE: MICHAEL J. FOX

*TEEN WOLF, following hard on the heels of other successes, THE CLASS OF 1984 and BACK TO THE FUTURE, put the name MICHAEL J. FOX on the lips of movie-goers the world over. From his luxury home in sunny California, the blue-eyed, brown-haired heart throb gave me the low down on his all-action lifestyle.*



***EDITOR:*** *You live in America now, but you weren't born there were you?*

***MICHAEL:*** *No, I was born in Canada on the 9th June, 1961.*

***EDITOR:*** *That makes you a Gemini. So your personality traits should be, generous, playful and quick-witted on the good side . . . restless and moody on the not so good. Is that you?*

***MICHAEL:*** *Restless, I guess so. I'm always looking for new directions in acting. You could call me playful. I like practical jokes! Moody? Everyone is sometimes.*

***EDITOR:*** *Practical jokes. Like . . ?*

***MICHAEL:*** *Well, a few months back, I phoned home to tell my folks I was bringing my new girlfriend to see them. Mother put out all the best china and spruced the place up ready to meet "Emma". When I showed up, it was with an Emmy, the t.v. award I was given for starring in FAMILY TIES.*

***EDITOR:*** *Still, that was a nice surprise for proud mum.*

***MICHAEL:*** *Yes, the statuette had pride of place on the front hall table. Until, that is, my sister won a bowling trophy. Now that occupies the hallowed spot. No favouritism in the Fox family.*

***EDITOR:*** *You're the tops with millions of film fans, but who are your favourite actors and actresses?*

***MICHAEL:*** *I'd have to plump for Dustin Hoffman and Robert de Niro. Oh, and Meryl Streep . . . she's great!*

***EDITOR:*** *Off-screen, how do you fill your time?*

***MICHAEL:*** *Well, I don't have a great deal of it to spare. But I enjoy a variety of sports — baseball, hockey, skiing and the love of my life is the black Ferrari I bought a while back.*

***EDITOR:*** *The love of Sindy's life is her pony. How about you, any pets?*

***MICHAEL:*** *My two dogs are really my best friends. I've a Dalmatian and a Terrier called Barnaby, named after my home-town in Canada. They and the Ferrari are inseparable.*

***EDITOR:*** *Back to the future then. What's in store for Michael J. Fox?*

***MICHAEL:*** *I began acting at the age of 15 and have been playing teenage roles pretty well ever since. Following on from THE SECRET OF MY SUCCESS, I'm finishing work on BRIGHT LIGHTS, BIG CITY, a movie about a tough magazine journalist. At 26, I'm looking to play more adult roles, which will be a challenge, but then, I just love challenges!*

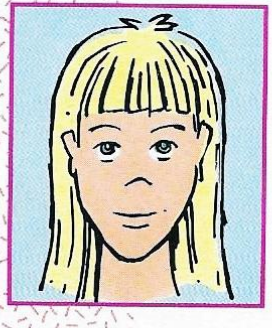
# FACIAL

## What shape is your face?

### ROUND

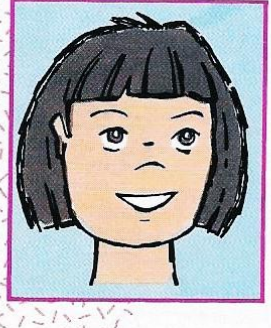
*You are probably a lively, bubbly sort of person, perhaps prone to giggling. Emphasize your personality with a curly hair style, and add some fun clips.*

### LONG



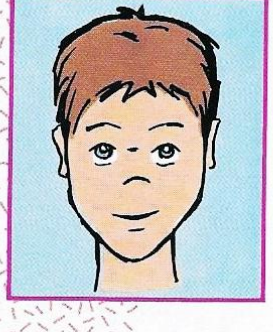
*Many people with long faces are intelligent and thoughtful, but they can take ages to make up their minds because they like to consider every possibility. Long hair, loose and straight or tied back, will add to the studious look.*

### SQUARE



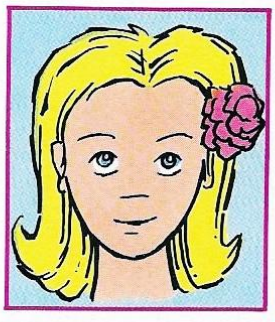
*You're a practical, sensible person who can't stand dithering or silliness. You like to get on with things. A pageboy haircut would suit your no-nonsense character.*

### OVAL



*You may appear to be a dreary type, but underneath you're very sensitive and aware of the needs of others. A short, wispy hairstyle will give you an elfin stylishness.*

### HEART-SHAPED



*Of course you're romantic and full of warm-hearted charm, but you can also be moody and unpredictable. Mid-length hair would suit you, perhaps curled at the end. Wear a bow or a flower in your hair for the full bewitching effect.*

### SKIN CARE

*Clear, healthy skin is something which we all try to achieve. Keeping your skin in good condition is easy as long as you follow a few simple rules:*

*Use a soap which is not too highly perfumed.*

*Try to use a face pack once in a while — it's good for deep-down cleansing.*

*A moisturiser should be used, especially after sun-bathing and during the winter, it helps to protect your skin from drying.*

*If you use make-up, take great care to remove all traces before going to bed.*

*Try to eat fresh fruit and vegetables, these help to keep your skin clear and healthy.*

*Don't go too mad trying to get a sun-tan. Too much sun is bad, a little is good. Always use a high protection factor for sun-bathing. If you do get burnt the skin takes a long time to repair — so be careful!*

# DIARY

*Don't forget! — make a note of the dates to remember in September, October and November.*

## SEPTEMBER

| | | |
|---|---|---|
| 1 | 12 | 23 |
| 2 | 13 | 24 |
| 3 | 14 | 25 |
| 4 | 15 | 26 |
| 5 | 16 | 27 |
| 6 | 17 | 28 |
| 7 | 18 | 29 |
| 8 | 19 | 30 |
| 9 | 20 | |
| 10 | 21 | |
| 11 | 22 | |

## OCTOBER

| | | |
|---|---|---|
| 1 | 12 | 23 |
| 2 | 13 | 24 |
| 3 | 14 | 25 |
| 4 | 15 | 26 |
| 5 | 16 | 27 |
| 6 | 17 | 28 |
| 7 | 18 | 29 |
| 8 | 19 | 30 |
| 9 | 20 | 31 |
| 10 | 21 | |
| 11 | 22 | |

## NOVEMBER

| | | |
|---|---|---|
| 1 | 12 | 23 |
| 2 | 13 | 24 |
| 3 | 14 | 25 |
| 4 | 15 | 26 |
| 5 | 16 | 27 |
| 6 | 17 | 28 |
| 7 | 18 | 29 |
| 8 | 19 | 30 |
| 9 | 20 | |
| 10 | 21 | |
| 11 | 22 | |

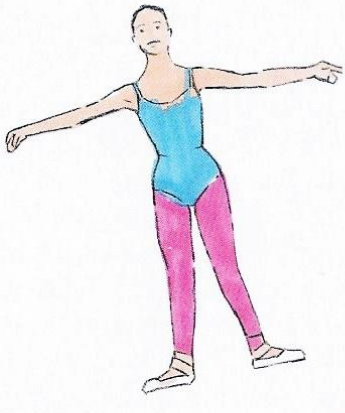
Ballet is an art of perfection and requires a great deal of time and effort. To become a great ballerina requires determination as well as skill. All this begins in Ballet School. Here are the very basics of classical ballet that all dancers have to learn — the five positions which were first written down in the late 17th Century, though they were probably in use before then.

# BALLET D

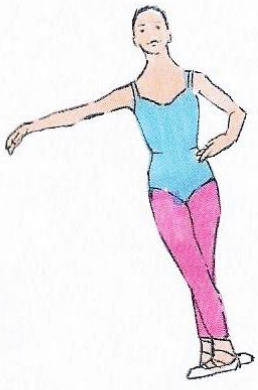
**1. FIRST POSITION**
Legs together with heels touching though not overlapping. The feet are held in a straight line and the arms are held gracefully to the front of the body.

# ANCER

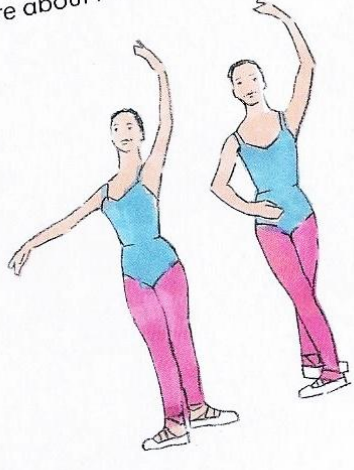
**2. SECOND POSITION**
The feet are twenty inches apart though still in a straight line with the arms stretched out to the sides.



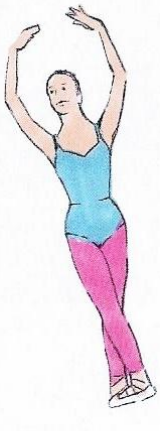
**3. THIRD POSITION**
The feet remain in a straight line but overlap with the heel of the front foot interlocking with the instep of the back foot. One arm extends to the side.



**4. FOURTH POSITION**
There are two versions, a) is an extension of the first position, b) is an extension of the fifth position. In both cases the feet are about ten inches apart.



**5. FIFTH POSITION**
The feet are brought together with the toes of one foot against the heels of the other. The arms are held elegantly in the air.



**ADAGIO** — A slow dance movement.

**ARABESQUE** — A pose with one leg extended while the other knee is kept straight.

**BOURREE** — A series of tiny steps that make the dancer glide across the stage.

**ENTRACHAT** — A jump during which the feet of the dancer criss-cross in the air.

**FOUETTE** — A step in which a female dancer on pointe with one leg uses the other in a whipping motion to help her turn.

**GLISSADE** — A sliding step.

**JETE** — A leap from one foot to another.

**PIROUETTE** — A turn in which the dancer spins round on one foot.

**PLIE** — A movement by bending the leg.

**POINTE** — The very tip of the toe.

**TOMBE** — Falling from one leg to another or from both feet to one, with a bending of the knee upon landing.

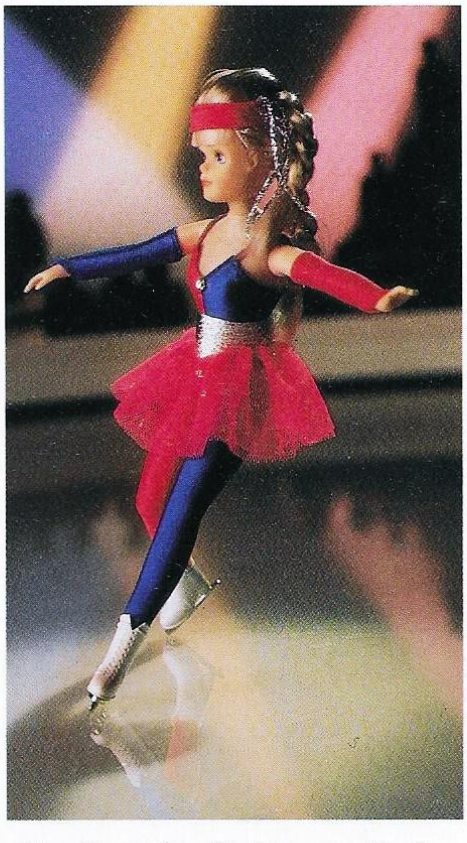
**TOUR EN L'AIR** — A turn in the air.

# WINTER

## WINTER WONDERLAND

*When Jack Frost nips the air. When snow wraps the landscape in a blanket of white silence, many people like to while the WINTER away toasting their toes in front of a blazing fire. Not for me, though. As a girl for all seasons, I can find fun and fashion on even the dullest days. My pony Star loves to trot through the frozen fields and my range rover can cope in all weathers. Best of all, though, I like to don my skates and super red, blue and silver ice dancer costume and take to the rink. Speed, style and grace all combine in a fabulous winter sport.*

*I love ice skating, that's why November will find me in Nottingham to watch the Ice Dance Championships, followed by the St Ivel Ice International staged at Richmond later in the winter. December sees the International Show Jumping Championships at Olympia, then*



*it's all set for Christmas with the promise afterwards of more Olympics, the winter ones this time, in February at Calgary, Canada.*

*Christmas, surely the best time of the year. Parties, decorations, presents and good will everywhere you go. Not forgetting the traditional Christmas Dinner with all the trimmings. By tea-time, everyone's usually too full up to tuck into another meal . . . so how about providing some tasty titbits and a lot of fun by making Fortune Cookies. You need: 4 eggs, ½ cup of rice flour, ½ cup of melted butter, ¾ cup of sugar, 2 tablespoonfuls of water, salt.*

*Separate the egg whites and egg yolks. Beat the whites in a bowl until they are frothy. Stir in the rice flour, sugar, a pinch of salt and beat well. Add the melted butter and water, then whisk until the mixture seems creamy. Dollop spoonfuls of the mix over a baking tray, leaving space between them. Bake them for about 7-8 minutes in an oven set at 350°F or Gas Mark 4 until the edges begin to brown. Remove from the oven and lift the cookies from the tray with a spatula, while these are still warm, you can place previously written fortune messages on the cookies, folding the cookie over the paper. When cold, these will harden into biscuits. Pass the cookie jar around your family and friends for some tea time fun.*

# HOROSCOPE

## SAGITTARIUS

**Birthdates: 23rd November — 21st December.**

*Miss Sagittarius is in this year. An archer with a good many strings to your bow. In fact new ideas, new interests and new friends seem to crowd in on you during the spring months. Great! Except you may begin to feel school and home life to be too humdrum. A fresh look at familiar routine will help restore the balance. August is the month for decisions — and holidays!*

*Birthstone — Turquoise.*

*Lucky number — 6.*

*Lucky day — Thursday.*

*Wear — Purple.*

## CAPRICORN

**Birthdates: 22nd December — 20th January.**

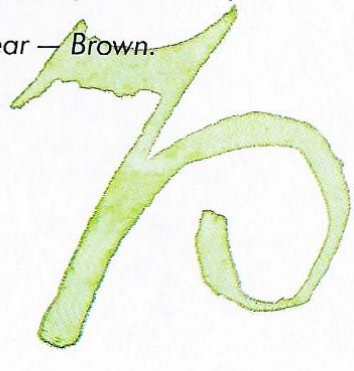
*Everything's coming up roses! Well, flowers do seem to feature in the twelve months to come. Perhaps an interest in gardening, but more likely a move towards colourful new fashion trends. You seem to set the style for others to follow. Don't let this go to your head, however, and you would do well to heed advice from an older person from time to time.*

*Birthstone — Garnet.*

*Lucky number — 8.*

*Lucky day — Saturday.*

*Wear — Brown.*



## AQUARIUS

**Birthdates: 21st January — 19th February.**

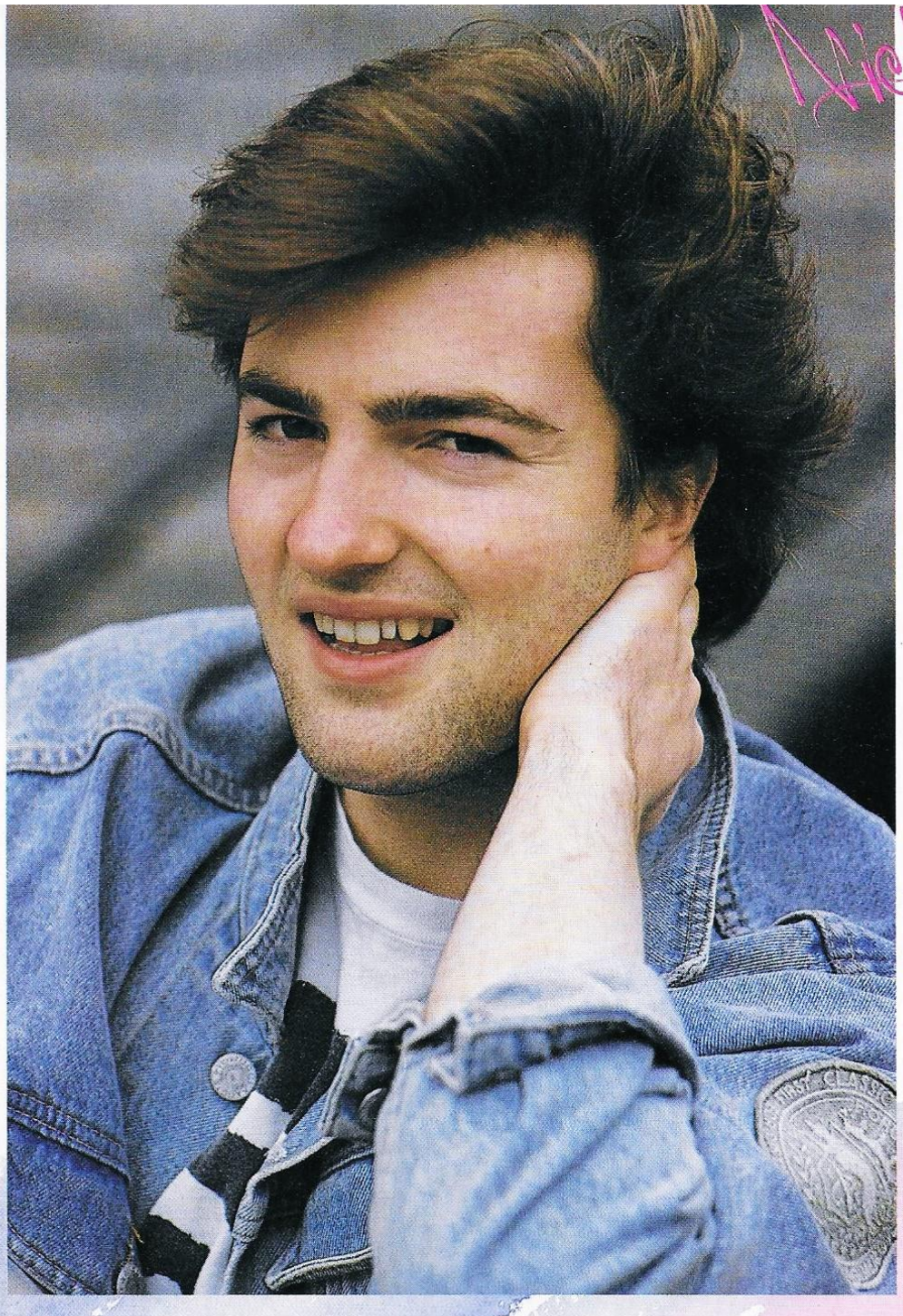
*The signs are generally favourable for aquarians as the new year begins. The spring is the time to be bold and ambitious, though cool thinking should prevail during the summer and autumn. Your natural courage and determination will help you to ignore a bout of gossip aimed in your direction. Winter is the season to accept a challenge, the chances are this will pay off.*

*Birthstone — Amethyst.*

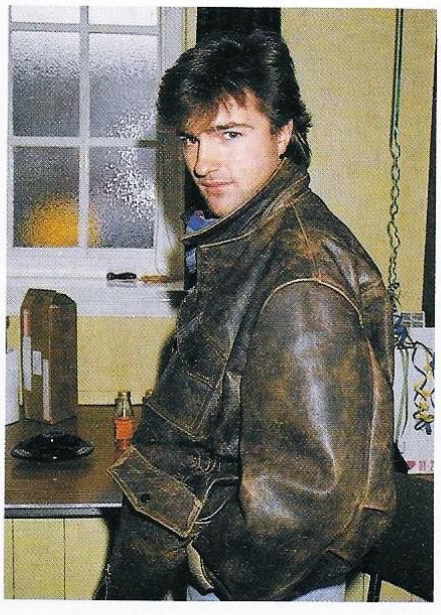
*Lucky number — 4.*

*Lucky day — Saturday.*

*Wear — Blue.*




# NICK BERRY



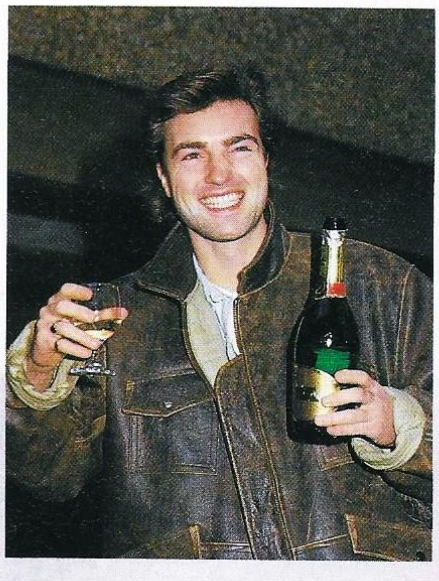
*Just an old-fashioned guy? Not really. However, NICK BERRY, who stars as Wicksy in BBC's "EastEnders" plumped for great names from the past when asked for his favourite entertainers. Clark Gable and Vivien Leigh as top film stars and blues singer, Billie Holliday, as his number one vocalist. Not surprisingly, he lists watching old movies amongst his hobbies.*

*Enrolling at the Sylvia Young Theatre School when he was a very young boy, Nick's first real break came in the stage production of "Oliver", where he played one of Fagin's gang of boy pickpockets. At theatre school he soon met Letitia Dean, later to play Sharon in "EastEnders", and they have remained friends ever since.*

*Landing the part of Wicksy shot Nick into the limelight and into the homes of millions of viewers, where his dark good looks soon attracted a huge fan following. Nick says, "I really enjoy being part of the "EastEnders" team and have lots of friends amongst the cast. As well as Letitia, Tom Watts, who plays barman Lofty, is a great mate of mine."*

*Nick doesn't feel there are many similarities between his own character and that of the piano-playing barman with the easy line in chat.*

*Asked about his singing career, Nick answered, "I don't see myself as a pop star, rather as an actor who can sing. I wasn't over-pleased with my album and I'd like another go at recording." However, last winter, he found himself being treated like a pop star when he made his debut in panto playing Dick Whittington. Masses of fans turned up to see their idol. "It was just amazing," he mused.*



# ALIAS WICKSY

*Otherwise, his thoughts are very much on the future and what it might hold for this 24-year-old, Woodford Green born actor. His first job in the photo library of a petrol industry magazine, he found so boring, he turned his sights to his longtime love of acting.*

*Outside of filming hours, he is still involved with "EastEnders", as he plays football for their charity team. He's a great soccer fan and names Trevor Brooking as his favourite sports personality. Nowadays, he lives in Islington, with a pet Jack Russell terrier, called Toddy.*

*His ambitions outside the world of Albert Square? "I'd really like to star in a stage musical . . . after getting my voice thoroughly trained. And make a movie some day."*

WINTER

# DIARY

*Sindy loves St. Valentine's Day — February 14th — don't forget this and other dates in December, January and February.*

## DECEMBER

| | | |
|---|---|---|
| 1 | 12 | 23 |
| 2 | 13 | 24 |
| 3 | 14 | 25 |
| 4 | 15 | 26 |
| 5 | 16 | 27 |
| 6 | 17 | 28 |
| 7 | 18 | 29 |
| 8 | 19 | 30 |
| 9 | 20 | 31 |
| 10 | 21 | |
| 11 | 22 | |

## JANUARY

| | | |
|---|---|---|
| 1 | 12 | 23 |
| 2 | 13 | 24 |
| 3 | 14 | 25 |
| 4 | 15 | 26 |
| 5 | 16 | 27 |
| 6 | 17 | 28 |
| 7 | 18 | 29 |
| 8 | 19 | 30 |
| 9 | 20 | 31 |
| 10 | 21 | |
| 11 | 22 | |

## FEBRUARY

| | | |
|---|---|---|
| 1 | 12 | 23 |
| 2 | 13 | 24 |
| 3 | 14 | 25 |
| 4 | 15 | 26 |
| 5 | 16 | 27 |
| 6 | 17 | 28 |
| 7 | 18 | 29 |
| 8 | 19 | |
| 9 | 20 | |
| 10 | 21 | |
| 11 | 22 | |

# PARTY TIME

***Giving a party can be tremendous fun, especially if you take the trouble to organize it properly. Send out invitations in good time and plan to provide plenty of food and drink. You might like to give your party a theme.***

***A Black and White Party***
*Ask all your guests to come in black and white clothes. The invitations could be black and white striped, and perhaps you could play dominoes and eat humbugs!*

***A Monster Party***
*This is a great idea for Hallowe'en. The guests all wear spooky masks or costumes and eat such delicacies as giants' eyes (hard-boiled eggs) and dead man's fingers (chocolate finger biscuits). Red light bulbs give a gory atmosphere. Make a witches' brew:*

*Mix equal quantities of lime juice (diluted with water) and lemon squash (diluted with water), add a dash of blackcurrant, and top up with lemonade.*

***A Tropical Party***
*Tell your friends to come dressed as if they were on a tropical beach — bright, exotic shirts and shorts, for instance. Give them barbecued food and hope that the sun shines!*

*Music helps everyone feel party-ish. For a big party, hire a disco or a band, but otherwise you can manage very well with either a tape recorder or a record player. Remember that slow music can send a party to sleep, whereas lively music wakes it up.*

***A Valentine Party***
*St Valentine's Day is February 14th, but you can have a love-heart party at any time of the year. Decorate the room with huge red paper hearts and serve cupid's kisses (tiny fairy cakes) and heart's delight (cherryade).*

*Most people like to play games at parties, so it's a good idea to have some prepared. Here's a silly one that's great fun.*

***The Chocolate Game***
*Place a big, wrapped bar of chocolate on an old tray in the middle of a ring of people, together with a knife and fork and a pile of old clothes. Take turns to throw a dice. When someone throws a six, he or she must dash into the middle, put on all the old clothes and try to cut up and eat the chocolate chunk by chunk, using the knife and fork. Meanwhile, the others go on throwing the dice until someone else throws a six. That person must then take over the clothes and the chocolate eating.*

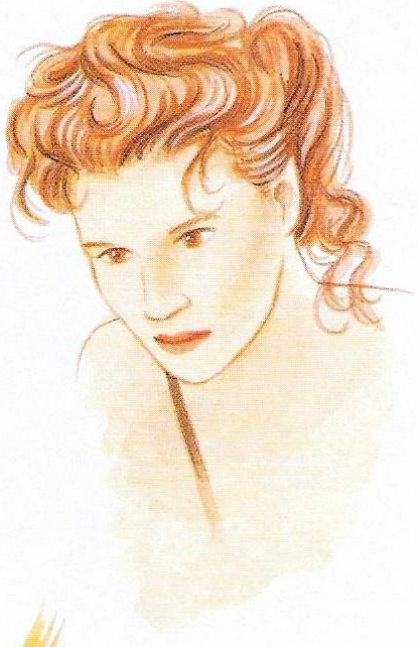
# Hair Flair

*Clean, healthy, shiny hair plays a very important part of looking your best, along with a hairdresser who you know and trust. It is also best to use the right shampoo for your type of hair and follow up with a conditioner if your hair is dry and tangles easily.*

*Both long or short hair styles can always look fashionable, as long as the styles suit your face.*

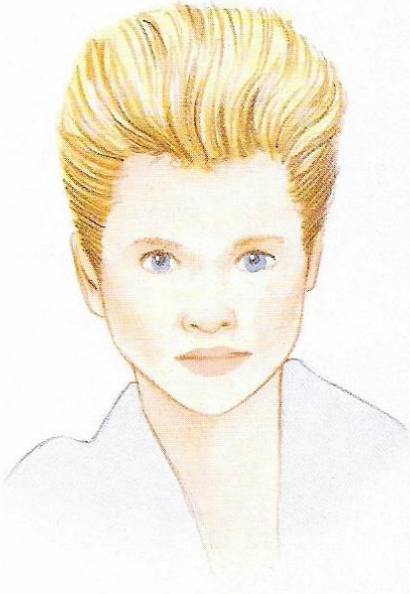
*Here are some ideas for you to try.*

*Very curly hair can be cut short at the back and left full and curly around the face. This style suits round and square faces.*

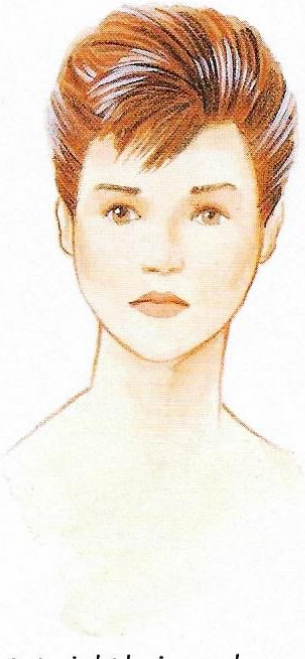


*Long hair can be piled on top, pins will help to keep it in place. This is especially good for hot summer months. Suits round and oval shaped faces.*

*Very thick hair can look great if cut very short and slightly spiky. This suits round and square faces.*



*Short at the sides and slightly longer on top. This suits round faces.*



*Short straight hair can be swept from one side with a few strands for a fringe. Suits oval and round faces.*

*Long and layered with a few strands for a fringe. Suits long and oval shaped faces.*

**HAIR ACCESSORIES**

*Any length or style of hair can be brightened up by using any of the various accessories which can be bought today, i.e. hair bands (coloured to suit your outfit), hair slides, different coloured ribbons for long hair, hair bows and glitter packs.*

# WINTER QUIZ

**CHRISTMAS QUESTIONS**

1. What should you leave out for Father Christmas on Christmas Eve?

2. What kind of animal pulls Father Christmas's sleigh?

3. Who wrote the song 'Do They Know It's Christmas?'

4. In what town was Jesus born?

5. What sauce is usually eaten with turkey?

6. In which pantomime does Buttons appear?

7. Which plant do people kiss under at Christmas?

8. Why do people in Sydney, Australia never expect snow at Christmas?

9. Why is Father Christmas sometimes called Santa Claus?

10. The Three Wise Men brought 3 gifts to Jesus, what were they?

**WINTER WORD SEARCH**

Can you find these 12 wintry words? Look for them in straight lines up, down, forwards, backwards and diagonally.

ICICLE SKATING TINSEL
SNOWFLAKE JANUARY
CAROLS FIRESIDE GLOVE
BOOT SKIING FROST
EVERGREEN

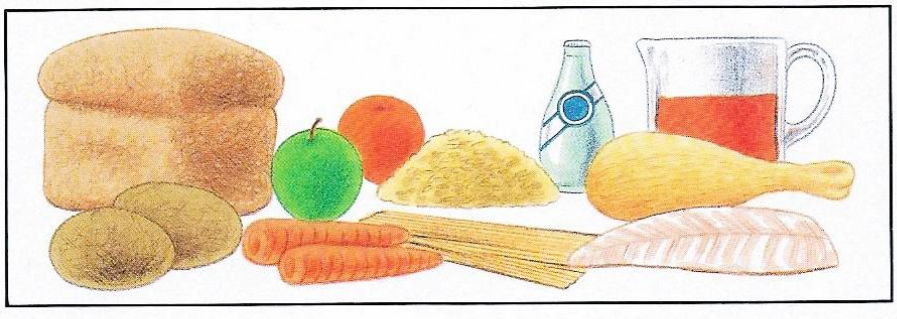
| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| I | S | J | A | N | U | A | R | E |
| G | N | I | T | A | K | S | K | F |
| L | O | J | A | N | U | A | R | Y |
| E | W | T | Y | G | L | O | R | L |
| V | F | I | R | E | S | I | D | E |
| E | L | N | C | T | I | N | G | S |
| R | A | G | A | I | O | L | O | N |
| G | K | N | R | N | C | O | G | I |
| R | E | I | O | S | U | L | B | T |
| E | R | I | L | E | O | U | E | C |
| E | A | K | S | V | O | O | B | L |
| N | C | S | E | V | E | R | T | E |

Answers on page 60-61

# EAT IT

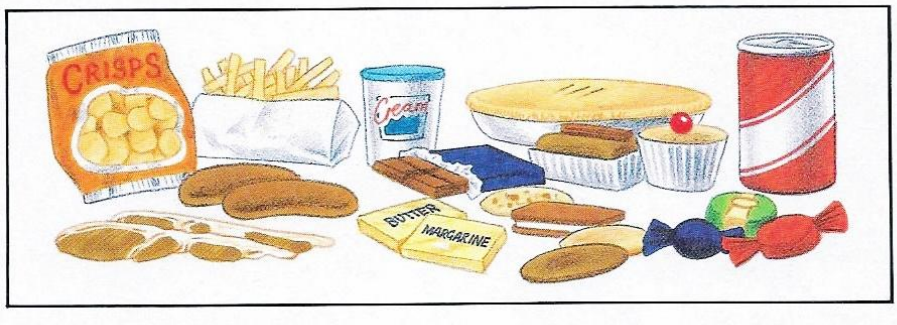
**YOU ARE WHAT YOU EAT**

*To be fit and healthy, with a clear skin, strong teeth and shining hair, you need to follow a balanced diet. This means you must eat every day the right amounts of all the various foods that contain the protein, vitamins, minerals, fibre, carbohydrates, fat and sugar that your body needs. Some foods are better for us than others.*



*Fresh fruit and vegetables*
*Wholewheat bread*
*Wholewheat pasta*
*Brown rice*
*White fish*
*Chicken*
*Natural fruit juices*
*Mineral water*

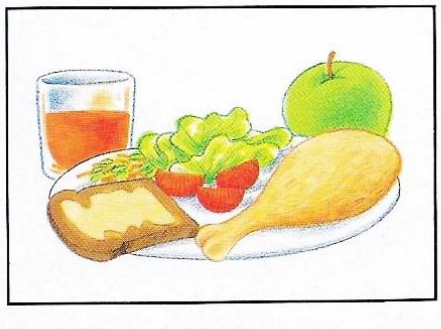
*But go easy on these:*

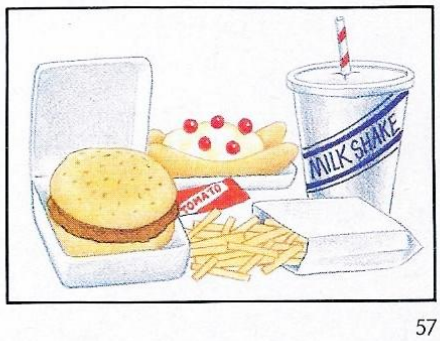


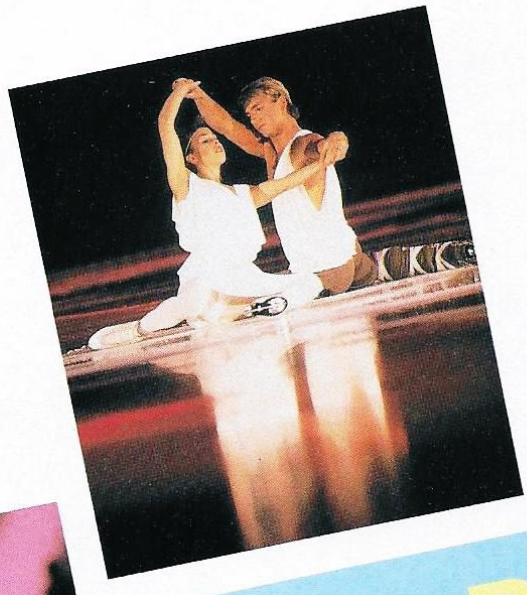

*Crisps*
*Chips*
*Fatty meat*
*Sausages*
*Butter and margarine*
*Cream*
*Fried food*
*Ice cream*
*Sugary drinks*
*Cakes*
*Biscuits*
*Sweets*
*Chocolate*
*Pastry*

*As a general rule, say no to too much of any one thing, but yes to a little of everything.*

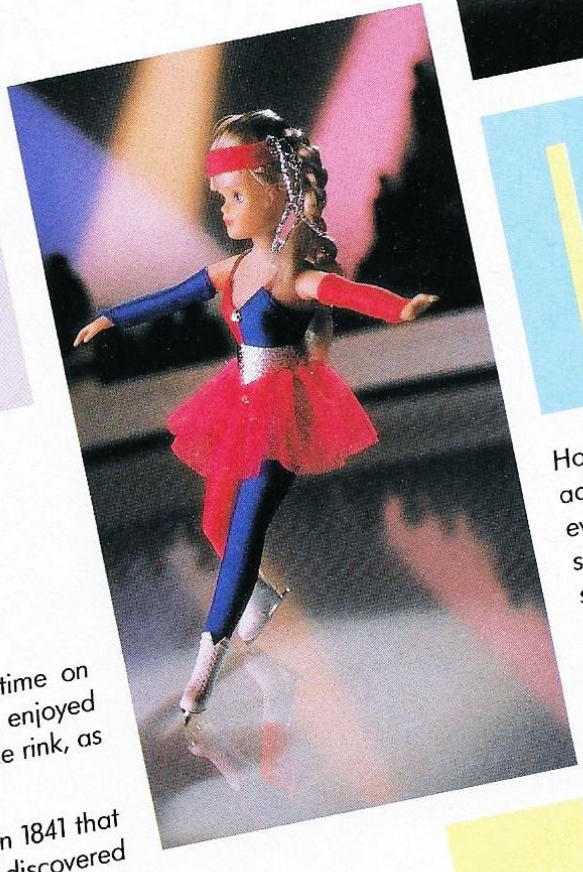
*You choose — which of these meals is better for you?*







# ICE DA



Ice skating as a winter pastime on frozen lakes and ponds was enjoyed for many years before the ice rink, as we know it, was invented.

It was in Victorian London in 1841 that a man called Henry Kirk discovered how to make 'artificial ice'. He heated a mixture of salts and lard until a liquid was formed. This was then poured into large metal trays to cool into slabs of 'synthetic ice'. These slabs were laid side by side to make a floor of 'ice'. This early ice rink was called a 'Glaciarium' and skaters were delighted to be able to skate during the summertime.

However, the 'Glaciarium' had its disadvantages; it had to be renewed every week, and would often get very smelly in hot weather. The novelty soon began to wear off!

Thirty years later, Professor John Gamgee, a London vet, created a 'real' ice rink almost by accident. He had been experimenting with the new idea of building a cold storage depot to receive batches of frozen meat

NCER

from overseas. However, the first ship-load of meat he was expecting from Australia never arrived so he decided to utilise his expensive refrigerating machinery and used it to open an ice rink!

So successful was it, that soon more were opened, not just in London, but all around the world! Ice skating was soon to become the popular pastime that we all know and love today.

**ROBIN COUSINS**

This imaginative young skater from Bristol has become a 'stage star' on ice! He leads a company of skaters who perform as if they were in a theatre, not on an ice rink.

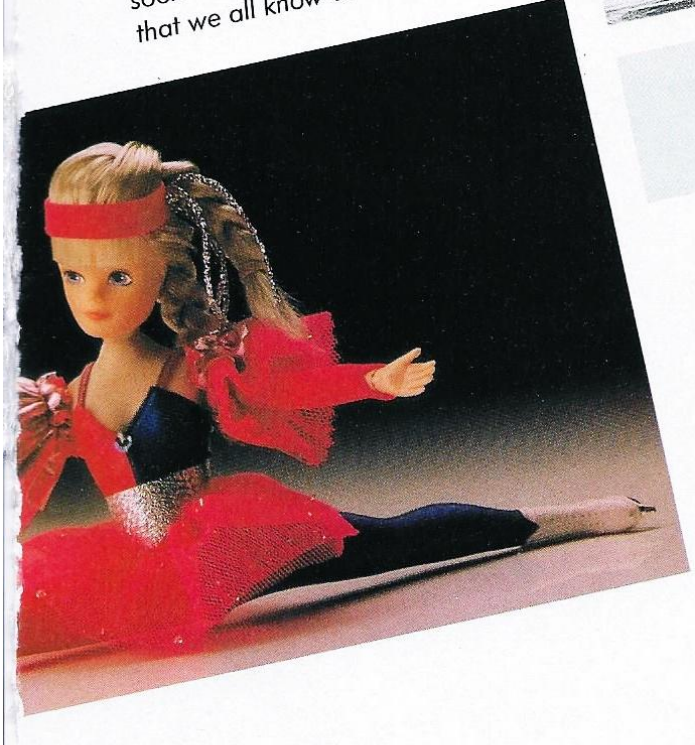
Robin was an amateur skater for eight years previously, winning lots of medals including an Olympic gold! He was also awarded an MBE by the Queen in 1980 for his 'services to sport'.

Robin really enjoys skating and this is apparent in his performance.

**TORVILL AND DEAN**

Jayne Torvill and Christopher Dean began their sparkling career in their home town of Nottingham where Jayne was an insurance clerk and Christopher was a policeman! Their drive and dedication took them from strength to strength. 1981 brought the first of four world championship wins, and in 1984 they won an Olympic gold medal.

After this they decided to concentrate on entertainment and now perform their spectacular 'ice shows' all around the world.



# SPRING TEASERS

**EASTER ANAGRAM ANSWERS**

*art at ate ease east eat eater*

*rat rate rest sat sea seat see set*

*star stare steer tar tare tea tear*

*tease teaser tee terse test tree*

**SCRAMBLED EGGS ANSWER**

*Sindy and her guests all have 2 eggs each!*
*(Don't forget that the person who doesn't like them doesn't have any!)*

**SPRING GARDEN ANSWERS**

1. *DAFFODIL*
2. *BLUEBELL*
3. *TULIP*
4. *BUTTERCUP*
5. *SNOWDROP*

# SUMMER POSERS

**HOLIDAY QUIZ ANSWERS**

1. *Strawberry, vanilla and chocolate.*
2. *Wimbledon.*
3. *Bournemouth, Blackpool and Brighton.*
4. *'Holiday.'*
5. *A safari.*
6. *Spain.*
7. *Three day horse trials.*
8. *Strawberries.*
9. *Cliff Richard.*
10. *True.*

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| P | U | I | A | S | A | E | S | T |
| D | O | N | K | E | Y | L | I | J |
| E | T | S | O | S | M | T | D | O |
| C | R | C | A | S | I | S | K | A |
| K | Y | L | S | A | L | A | D | M |
| C | D | M | P | L | K | C | G | A |
| H | E | B | O | G | S | D | D | E |
| A | C | O | F | N | H | N | H | R |
| I | P | N | M | U | A | A | Q | C |
| R | A | D | W | S | K | S | V | E |
| T | W | H | C | A | E | B | N | C |
| L | L | U | G | A | E | S | X | I |

# AUTUMN PUZZLES

**AUTUMN ANAGRAM ANSWERS**

*bone bore born eon fib fie*

*fine fire foe fore fro if in ire*

*iron nib no nor on one ore*

*rein rib rife rob robe*

**MYSTERY BAG ANSWERS**

*Apples and pears.*

**WHIZZ-BANGS ANSWERS**

*1. ROMAN CANDLE*

*2. FIRECRACKER*

*3. SPARKLER*

*4. CATHERINE WHEEL*

*5. ROCKET*

# WINTER QUIZ

**CHRISTMAS QUIZ ANSWERS**

*1. A glass of sherry and a mince pie.*

*2. Reindeer.*

*3. Bob Geldof and Midge Ure.*

*4. Bethlehem.*

*5. Cranberry.*

*6. Cinderella.*

*7. Mistletoe.*

*8. Because December is in the middle of their summer.*

*9. After St. Nicholas, the patron saint of children.*

*10. Gold, Frankincense and Myrrh.*

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| I | S | J | A | N | U | A | R | E |
| G | N | I | T | A | K | S | K | F |
| L | O | J | A | N | U | A | R | Y |
| E | W | T | Y | G | L | O | R | L |
| V | F | I | R | E | S | I | D | E |
| E | L | N | C | T | I | N | G | S |
| R | A | G | A | I | O | L | O | N |
| G | K | N | R | N | C | O | G | I |
| R | E | I | O | S | U | L | B | T |
| E | R | I | L | E | O | U | E | C |
| E | A | K | S | V | O | O | B | L |
| N | C | S | E | V | E | R | T | E |

# Sindy®

YEARBOOK

1988

ISBN 0-86227-493-1

9 780862 274931